



Four-Bean Salad with Lemon and Tarragon

Serves 10

The many colors of the beans reflect the nutrients that can protect your bones. Tangy, zesty, and flavorful, this salad is hearty and filling.

1/2 teaspoon lemon zest
1 tablespoon fresh lemon juice
2 teaspoons rice vinegar
1 tablespoon plus 1/2 teaspoon kosher salt
1/4 cup olive oil plus extra for drizzling
1 tablespoon finely chopped fresh tarragon leaves
Freshly ground black pepper
1 (15.5-ounce) can butter beans, rinsed and drained
1 cup frozen lima beans, cooked and cooled
1 (15-ounce) can dark red kidney beans, rinsed and drained
1 1/2 pounds haricots verts or green beans, halved crosswise

In a medium bowl, whisk together the lemon zest, lemon juice, vinegar, and 1/2 teaspoon salt. Slowly pour in half the olive oil while vigorously whisking. When the mixture is blended, add the remaining olive oil in the same way. Mix in the tarragon, season with pepper, add the butter beans, lima beans, and kidney beans; mix to coat them with dressing, and set aside.

In a large pot, bring 4 quarts of water to a boil. Meanwhile, fill a large bowl with ice water and set aside. When the water boils, add the remaining 1 tablespoon salt and the green beans, and cook until the green beans are tender-crisp, about 3 minutes. Drain the green beans in a colander and immediately plunge them into the ice water to stop the cooking process. Drain the green beans again, pat them dry with a kitchen towel, and place them in a large bowl. Add the bean mixture and toss to combine. Drizzle with olive oil and serve at once.

