



Niçoise Salad

Serves: 4 - 6

Dressing Ingredients:

¼ cup lemon juice
1 Tbsp red wine vinegar (Cabernet vinegar preferred)
½ cup extra-virgin olive oil
1 medium shallot diced
4 sprigs fresh thyme, stemmed
3 sprigs fresh oregano, stemmed
½ tsp dry basil
2 tsp stone ground mustard
2 Tbsp agave or brown rice syrup
¼ tsp sea salt, plus more to taste
¼ tsp freshly ground black pepper

Remaining Ingredients:

8-10 small new red potatoes, cut into fourths
2 cups green beans, trimmed and cut into 1 inch pieces
2 heads red leaf or butter lettuce
1 large avocado, diced
1 cup Niçoise olives
1 package baked tofu, diced

Procedure:

Create the dressing in a blender or food processor. Add the lemon juice, vinegar, olive oil, shallot, thyme, oregano, dry basil, mustard, agave, sea salt and pepper to the blender and blend until creamy. Set aside.

Bring 4 quarts of salted water to a boil in a large pot. Add the red potatoes and cook until tender, about 8 minutes. Using a slotted spoon, place the potatoes in a bowl. Keep the boiling water going and add a pinch more sea salt. Add the cut green beans and cook for 1-2 minutes, or until bright green and floating on the top of the water.

Coat the potatoes with about 2-3 Tbsp dressing and set aside. When the green beans are cooked, strain and toss with about 1-2 Tbsp dressing and set aside.

Place the lettuce in a large bowl and toss with the remaining dressing until coated.

Arrange the potatoes in a bunch, followed by the green beans, baked tofu, Niçoise olives and avocado. © **Spork Foods, 2010**