

Green Bean, Artichoke & Grapefruit Salad

(Insalata di fagiolini verdi, carciofi e pompelmo)



Ingredients:

Thin Green Beans – 2 lbs

Grapefruit, cut into fillets – 3

Artichoke Hearts – 1 can

Kalamata Olives, coarsely chopped – ¾ cup

Orange Juice (2 Oranges) – ¼ cup

Balsamic Vinegar – ¼ cup

Honey – 1 tbsp

Rosemary, chopped - 2 tsp

Sea Salt, Black Pepper

Directions:

Blanch the beans in lots of salted water for 4-5 minutes or until al dente.

Drain and immediately plunge the beans into a bowl with ice water.

Drain again and pat dry.

Meanwhile, using a sharp knife, peel the grapefruit, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections into the bowl.

Zest the 2 oranges and juice them. Add the grapefruit juice from the bowl.

Transfer the juice to a small saucepan and add the vinegar, honey and chopped rosemary.

Bring to a boil, then simmer over moderate heat until reduced to a syrup, 10 minutes. Season with salt.

Arrange the beans, artichoke hearts and grapefruit sections on dessert plates, sprinkle with the olives and drizzle the syrup on top.

Garnish with the orange zest and serve.