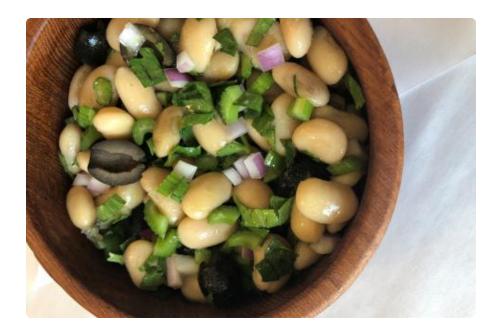


PACIFIC COAST FARMERS' MARKET ASSOCIATION

IACOPI FARMS BEAN SALAD



PCFMA.ORG

This salad is fresh and snappy any time of year in California! Made with lacopi's Italian Butter Beans.



01 HR 15 MINS



Serves 6



INGREDIENTS

- 1 bag lacopi Farms Italian butter beans
- 1 6-ounce can medium black olives, drained and sliced in half
- 4 stalks celery, chopped
- 1/3 small red onion, diced
- Olive oil
- Salt and pepper

METHOD

To prepare beans: Rinse butter beans under cold running water to remove surface dirt or dust. Cover the beans in enough cold water so that when they rehydrate there is enough water for them to remain submerged. Soak overnight. Drain.

Place beans in a pot filled with cold water so that beans are covered by at least 3 inches. Bring to a boil and reduce heat to medium or medium low so that beans continue cooking at a gentle boil. Cook about 50-60 minutes, tasting for desired tenderness. Drain and rinse with cold water. Let beans cool to room temperature.

To prepare the salad: Place cooked beans, olives, celery, red onion, salt, and pepper into a bowl. Drizzle with olive oil, adding enough oil so that all ingredients are lightly flavored. Add more or less olive oil depending on taste. This dish is best served at room temperature.

Recipe: Mike Iacopi, Iacopi Farms in Half Moon Bay