

Green Gold Black and White Salad

Serves 6 to 8

½ pound each fresh green and yellow beans
2 cans white beans (or 1½ cups dry beans)
1 can black beans (or 1 cup dry)
2 bay leaves
8 to 10 cloves garlic
1 cup chopped fresh parsley
1 cup or more fruity olive oil
¼ cup or more white balsamic vinegar
Salt and pepper to taste

If using dried beans start their preparation the night before. Beans must be prepped and cooked separately to maintain color. Pick through the beans to remove any rocks or debris. In 2 heavy bottomed soup pots, cover each bean variety with 3 inches of water and bring to a boil over high heat.

Remove beans from the heat, make sure they are covered by at least 3 inches of water, partially cover the pot and allow the beans to sit out over night.

The next day drain the beans and rinse them well. Return beans to the soup pots and cover with 3 inches of water. **To the white beans only**, add ½ cup olive oil, 4 to 5 crushed garlic cloves, and bay leaves. Bring both pots to a simmer over med-high heat, and cook until partially tender. Salt to taste and cook until just tender. Remove from heat and cool to room temp. Drain black beans only. Do not drain white beans.

Blanch green and yellow beans in boiling salted water until tender, about 3 minutes. Stop the cooking process by immediately dunking beans in an ice water bath. When cooled, cut beans into 1 inch sized pieces.

Using a slotted spoon, transfer white beans to serving bowl. Add green, yellow, and black beans and mix gently to combine. Finely chop remaining cloves of garlic and add to beans along with the chopped parsley. Add remaining olive oil, vinegar, and just enough white bean cooking liquid to dress salad. Taste for salt and pepper and serve at room temp.

Plethora of Plums Cake

Makes an 8" by 8" pan

1 1/2 cups all-purpose flour
2 tsp baking powder
1/4 tsp salt
Scant 1/4 tsp ground cinnamon
5 Tbsp unsalted butter, at room temp
3/4 cup (packed) light brown sugar
2 large eggs
1/3 cup vegetable oil
1 1/2 teaspoons pure vanilla extract
8 or more plums, halved and pitted

Preheat oven to 350°. Butter an 8" by 8" baking dish. Whisk together flour, baking powder, salt, and cinnamon. In the bowl of a standing mixer beat butter until light and creamy. Add sugar and beat for about 3 minutes, then add eggs, one at a time, beating for a minute after each addition. Add oil and extract and beat until batter is smooth and satiny. On low speed add dry ingredients and beat until just combined. Scrape batter into prepared dish and arrange plums, either cut side up or skin side up, on top of batter.

Bake for about 25 to 30 minutes or until top is puffed and nicely golden brown. Cool and cut and enjoy!

Greek Salad recipe will be posted on the Lopez Locavore website soon!