

Salade Nicoise

Serves 6 – 8 people



- 3 cups blanched green beans (cold) or fresh or frozen
- 3-4 fresh tomatoes quartered
- 1 cup vinaigrette (French) with herbs
- 1 head Boston lettuce, separated, washed, drained, and dried
- 3 cups cold potatoes steamed or microwaved and sliced or quartered
- 1 cup fresh tuna cooked or canned (
- ½ cup pitted black olives (Mediterranean)
- 2-3 hardboiled eggs, cold, and quartered
- 6-12 anchovy filets drained
- 2-3 Tbl. Minced fresh herbs, (parsley, basil, oregano)

Just before serving season the beans and tomatoes with several spoonfuls of vinaigrette. Toss the lettuce leaves in the bowl with ¼ cup of vinaigrette, and place the leaves around the edge of the bowl. Arrange the potatoes in the bottom of the bowl. Decorate with the beans and tomatoes, interspersing them with a design of the tuna chunks, olives, eggs, and anchovies. Pour the remaining dressing over the salad, and sprinkle with herbs and serve. Or you can toss all of the ingredients together and pour the dressing over the salad and toss 2-3 times.

Dressing:

- 12 Tablespoons olive oil
- 1/2 teaspoons dry mustard
- 6 teaspoons good wine vinegar - or - ½ vinegar and ½ lemon juice
- 1/4 teaspoons salt
- 1/2 teaspoons black pepper
- 1/2 teaspoon each of minced green herbs. Basil, crushed or ground
Rosemary, dill, oregano, and thyme

Mix well. Make this in advance and allow it to set so the flavors can marry. Do not refrigerate. Shake well before using if in a cruet. (Or, you can make it in a bowl and whisk it.) Right before serving sprinkle dressing on salad.