

④ Run or spray cold water over the zuke ribbons and green beans to cool them, then drain them very thoroughly (I use a salad spinner to get the zucchini as dry as possible). This is essential to keeping things crisp-fresh, not sodden.

⑤ Place the corn and the tomato, if using, in a large serving bowl, and add the beans and zukes. Toss well. Add the olive oil, lemon juice, and salt and pepper to taste, and toss well again. Serve immediately, each portion cupped in a lettuce leaf.

*Serves 4 as a starter or 6 as a side*



## SUGAR SNAP PEA, ORANGE & SPINACH SALAD

*with Citrus-Mint Vinaigrette*

There are two types of fresh edible-pod peas, also called *mange-touts* (“eat-alls”). Snow peas are the flatter of the two, with barely developed peas. Somewhat sweet, they often show up in Chinese stir-fries. Sugar snaps are rounder, with plumper peas, and, as you’d think from their name, they’re markedly sweet. They are a definite seasonal treat, and this sprightly salad shows them off. Bright green and orange, with alternating currents of crisp, tender, juicy, and a slight sweetness modulated by mint, this almost sparkles on the plate. It pairs nicely with a chicken salad sandwich for lunch, or with chicken or tofu teriyaki plus any cooked grain for dinner.

A ripe avocado, peeled and cubed and scattered over the top of the tossed salad, is an excellent addition. **Vn Gf**



**1 pound sugar snap peas, stemmed**  
**2 oranges, preferably seedless navel oranges, peeled and sectioned**  
**3 scallions, derooted, whites and about two inches of green sliced**

**½ pound fresh baby spinach, well washed and dried**  
**1 recipe Citrus-Mint Vinaigrette (recipe follows)**  
**Coarse salt and freshly cracked black pepper**

1 Bring a large pot of water to a full boil (you want the quantity of water large enough so that it doesn't stop boiling when you add the sugar snaps) and set a colander in the sink. Drop the snaps into the boiling water and watch them closely. When they turn an exquisitely bright green, after about a minute, drain them immediately into the colander and rinse them with very cold water. Blot them dry, treat yourself to one (crispy, sweet, tender), and put the rest in the fridge until you're ready to complete the salad. (You may refrigerate the cooked sugar snaps for as long as overnight.)

2 Combine the sugar snaps, orange sections, scallions, and spinach in a large bowl. Drizzle with about half the vinaigrette and toss well. Taste a leaf, and sprinkle with the salt and pepper. Add more vinaigrette if you like (I personally prefer under-dressing a salad and passing extra at the table) and serve immediately.

*Serves 4 as a starter*

### *Citrus-Mint Vinaigrette*

Technically not a vinaigrette since it is made not with vinegar but with lemon and orange juice, but "citrusette" is too coy for something so good. **Vn Gf**

- 1 orange, preferably organic
- 2 lemons, preferably organic
- 1 teaspoon honey or sugar
- 2 tablespoons finely chopped fresh mint
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil

Using the finest grater you have, grate the zest of the orange and one of the lemons, and place the grated zests in a medium jar with a screw-top lid. Now halve the citruses and squeeze their juice into the jar, catching and discarding any seeds. Add the remaining ingredients to the jar, and shake well. This vinaigrette will keep in the refrigerator for up to 2 days.

*Makes about ½ cup*



## HARICOTS VERTS & ROASTED TOMATO SALAD

*with Roasted Garlic Cream*

Those contrary French and their conundrums: Say all you want about the French paradox, there's still something perverse about the home of haute couture being the world's culinary capital for all-butterfat-all-the-time. But heavy cream and skinniness—in beans, at least—find delectable expression in this elegant starter: Tender-crisp haricots verts, slender little green