

FAVA BEAN SALAD

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 Cup Cooked Small Fava beans
- 2-3 Tbsp. Extra-Virgin Olive Oil
- 1 Tbsp. Fresh Lemon Juice
- 2-3 Tsp. Lemon Zest
- Black Pepper & Sea Salt to Taste
- Parmesan Cheese block
- 1/2 Cup Almonds, sliced
- 2 Inch Sprig Fresh Rosemary
- 2 Clementines separated
- Arugula or Baby Spinach (to serve)



Instructions:

1. In a saute pan stir $\frac{1}{2}$ cup almonds with a 2 inch sprig of fresh rosemary and a pinch of sea salt together over medium-low heat. Continue stirring frequently to prevent burning. Cook for about 5-6 minutes or until oils begin to release and the almonds and rosemary are fragrant. Almonds should be lightly toasted. Set aside.
2. Toss cooked fava beans, lemon juice and 2 tablespoons of olive oil together. Add salt and pepper to taste.
3. Serve on a plate with fresh arugula or spinach.
4. Use a vegetable peeler to shave "curls" of parmesan from the block over the salad.
5. Top with clementine slices and rosemary almond slices.

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