

Tarragon Vegetable Salad

Ingredients:

1 cup	fresh green beans
1 cup	yellow summer squash diagonally sliced
1 cup	sliced plum tomatoes (3 tomatoes)
1/4 cup	sliced (lengthwise) red onion

Dressing:

	red wine vinegar
1 Tbsp.	chopped fresh parsley
1/2 tsp.	crushed dried tarragon leaves
1/4 tsp.	sugar
1/8 tsp.	salt
2 Tbsp.	canola oil

Directions:

Steam green beans for 4 minutes. Add summer squash and steam an additional 3 minutes. Transfer to a bowl of ice water to chill quickly. Drain thoroughly and transfer to a medium bowl.

Add tomatoes and onion to steamed, chilled vegetables.

Whisk together dressing ingredients in a small bowl, adding oil last. Pour over vegetable mixture and toss gently to mix. Cover and chill.

Yield: 3 cups

Nutrition Information: *One cup salad contains 124 calories, 2.5 g. total fat, 0 g. saturated fat, 0 mg. cholesterol, 100 mg. sodium, 2 g. fiber.*