

NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



BABY FAVA BEANS AND FRESH HERBS

Shared by The Edible Academy's Italy Garden

Yield: 8 servings

Ingredients

24 ounce jar baby fava beans, drained and rinsed, or 1.5 pounds fresh fava beans, removed from pods and lightly blanched
½ cup Whole Foods Market® Grated Pecorino Cheese
⅓ cup chopped spearmint leaves, stems removed
⅓ cup chopped parsley leaves, stems removed
½ cup 365 Everyday Value® Organic 100% Lemon Juice Not From Concentrate or white wine vinegar
365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste

365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

In a large bowl, add the baby fava beans. Toss with the remaining ingredients, seasoning to taste. Refrigerate for one hour to allow flavors to marinate, then serve.

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