

Fava Bean Bruschetta

Earth Day Dinner | April 2007



Look for fresh fava beans at the farmers market. If you can't find a source, you can substitute blanched sugar snap peas (in the pod). For Pecorino Romano, a hard Italian cheese, substitute Parmigiano-Reggiano.

- 1 LB. FRESH SHELLED FAVA BEANS (3 CUPS)*
- 2 CUPS FRESH ARUGULA
- 1 CUP FRESH MINT LEAVES
- 1/4 CUP OLIVE OIL
- 3 TBSP. LEMON JUICE
- 1/2 TSP. SALT
- 1/4 TSP. GROUND BLACK PEPPER
- 3 OZ. PECORINO ROMANO CHEESE
- 4-INCH-THICK SLICES GOOD-QUALITY RUSTIC BREAD, GRILLED OR TOASTED

In a large saucepan cook shelled fava beans in boiling salted water for 5 minutes. Drain and place in a bowl of ice water to quickly cool; drain again. Remove skin from beans (beans should be tender yet still hold their shape). If beans are still a little firm, cook in a small amount of boiling salted water for 1 to 3 minutes more or until tender. Drain and place in a bowl of ice water to quickly cool; drain.

In a large bowl combine arugula, mint, and beans. In a small bowl whisk together the olive oil, lemon juice, salt, and black pepper. Pour over bean mixture and toss to combine. Finely chop half of the cheese. Add to bean mixture and toss to combine.

To serve, spoon mixture over toasted bread slices. Shave remaining cheese and serve on top of the bean mixture. Makes 4 servings.

*NOTE: It takes about 3 pounds fava beans in shells to get 1 pound of shelled fava beans.

Per serving: 339 cal., 21 g fat (6 g sat. fat), 22 mg chol., 743 mg sodium, 25 g carbo., 4 g fiber, 14 g pro.