

Fava Bean Salad with Fresh Mint

From the coast of Spain and Menorca from Columbus days of the world.

Serves 6

20-ozs	frozen fava (lima) beans or canned
4 sprigs	fresh mint, leaves only
4 ozs	black forest ham, sliced thin
2 cups	romaine lettuce, cut into thin strips
1 tsp	mustard
1/3 cup	extra virgin olive oil
2 tbsp	red wine vinegar

1. In a pot of boiling water, add beans and about half of the mint leaves, until tender about 3 minutes. Drain. Discard the mint.
2. In a large bowl, combine the ham, lettuce, remainder mint and beans.
3. In a small bowl, whisk the mustard, olive oil and vinegar. Toss with bean mixture.