

Green Bean and Tomato Salad with Toasted Pumpkin Seeds

This is a heavenly salad from Dr. Hyman's Ultra-Metabolism book. It can be a dish on its own or a wonderful side dish! But, beware! If you bring this dish to a family function, you will probably have to bring it at every family function thereafter—it's so addictive and a crowd pleaser! Hint: I double the quantity for the dressing and keep a little on hand.

Yield: 6 servings

Ingredients:

¼ cup hulled raw, unsalted pumpkin seeds

1-pound green beans, stem ends trimmed, cut in half diagonally

1 cup diced tomato

¼ cup thinly sliced small red onion

2 tsp. minced oregano

3 tbsp. minced cilantro (or parsley)

1 tsp. minced garlic

½ tsp. ground cumin

½ tsp. salt

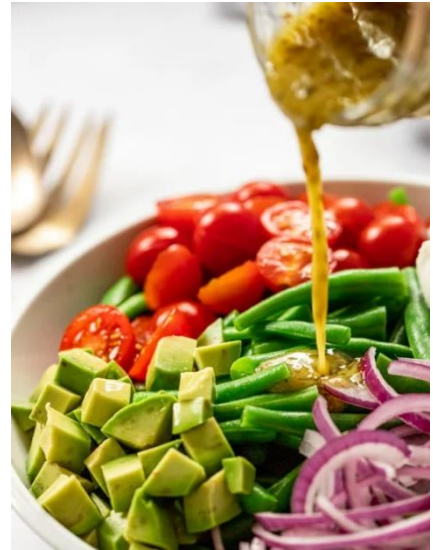
½ tsp. ground pepper

½ tsp. lime zest

2 ½ tbsp. fresh lime juice

6 tbsp. olive oil

½ small avocado, peeled, pitted and diced



Directions:

Toast the pumpkin seed in a small skillet over medium heat for 3-5 minutes, until they are puffed up. Stir frequently and watch closely to prevent burning. When toasted, remove the seeds to a plate.

Bring 6 cups of water to boil in a medium pan. Add the beans. Cook for about 3 minutes for crisp-tender, or more for softer beans. Drain and immediately transfer the beans to a bowl of ice water to stop the cooking. Drain and shake dry. Place the beans in a large bowl with the tomato, onion, and cilantro/parsley.

In a small bowl combine the garlic, cumin, salt, pepper, lime zest, and lime juice. Slowly whisk in olive oil until slightly thickened. Pour the dressing over the beans. Stir in the avocado. Add pumpkin seeds and combine. Adjust seasoning and serve.