

Salad of Creamer Peas, Lima Beans, Tomatoes, Roasted Peppers, Grilled Red Onions and Balsamic Vinegar and Extra Virgin Olive Oil

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef

1 pound fresh creamer peas shelled
1 pound fresh lima beans shelled
2 large red bell peppers
1 large red onion
½ cup teardrop tomatoes cut in half
¼ cup balsamic vinegar
½ cup extra virgin olive oil
Kosher salt and black pepper



For the peas and beans: Wash the beans and peas off first with cold water. Then place the 2 into separate pots and cover with cold water. Make sure to add extra water. Place the pots on the burner and bring up to a boil. Once they reach a boil turn down to a simmer and cook for at least 25 minutes or until tender. The peas will cook a little faster than the beans. Once cooked, strain the peas and beans and run cold water over until cool. Place into a bowl and reserve in the refrigerator.

For the peppers: Turn the grill on and let it get up to desired cooking temperature. Rub a little oil on the peppers and then place on the grill and char the outer skin of the peppers until each side has been charred. Place the peppers into a small bowl and cover with plastic wrap. When the peppers are cool, the charred skin will come off. When the skin is off, remove the seeds. Dice the peppers into ½-inch pieces and reserve.

For the onions: To grill the onions slice ¼-inch thick slices and drizzle a little oil on them and season with salt and pepper. Place on the grill and grill for 4 minutes and then turn them over and grill for about 4 minutes more. Remove from the grill and place on plate and cool off in the refrigerator. Once cool dice the onions into ½- pieces and reserve.

To complete: Remove the bowl with the beans and peas from the refrigerator and add the tomatoes, onions and peppers and toss together. Then add the balsamic vinegar and season with salt and pepper. Set aside for at least 30 minutes to let the veggies marinate. After 30 minutes, see if you need to adjust the seasoning before adding the oil. If everything tastes wonderful, add the oil and toss everything together and serve.