

Fresh Fava Beans With Mint and Scallions

Swick

Makes 4 servings | Active Time: 20 minutes | Total Time: 25 minutes

Step 1: Making the Dish

- 4 tablespoons extra-virgin olive oil, divided
 - Small bunch wild garlic or scallions
 - 2 cups fresh fava beans*, shelled
 - 1 cup water
 - 1/2 cup chopped fresh mint
 - Salt and pepper (optional)
- In a large pot, sauté scallions in 2 tablespoons of oil for 1 minute, until wilted. Add fava beans and water; stir to combine.
- Simmer for about 10 minutes, or until the fava beans are soft.
- Drain the fava beans and scallions and return to pot.
- Immediately add mint and remaining olive oil to the warm beans and toss. Add salt and pepper to taste before serving.

*You can also make this dish with frozen or canned fava beans. If using frozen, defrost and rinse beans; if using canned, drain and rinse. Next, warm drained beans for 2 to 3 minutes in a sauté pan with scallions in 2 tablespoons of extra-virgin olive oil. Remove from heat and immediately add mint and olive oil to warm beans and toss. Add salt and pepper to taste.