



Greenmarket Recipe Series

GREEN BEAN BULJOW (WARM TOMATO & GREEN BEAN SALAD)

BY CHEF SHAYAA MUHAMMAD, BIRD FIG
READY IN 30 MINUTES!

Ingredients:

- *2 cups tomato
- *1/2 cup onion
- *1/4 cup scallion
- *1/2 cup bell pepper (or shishito pepper)
- *2 cloves garlic
- *2 sprigs thyme
- *1/4 cup cilantro
- 1 lemon (or lime)
- *1 cup green beans
- 1/2 cup olive oil
- Sea salt and black pepper (to taste)
- French bread, sliced for serving

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Cut tomatoes, onions, peppers and green beans into small cubes. Place in bowl.
2. Finely chop scallions, garlic, thyme, and cilantro. Add this to tomato mixture.
3. Add salt, and black pepper to taste.
4. Squeeze 1/2 lemon over mixture.
5. Heat olive for 2 minutes, then stir hot olive oil into mixture.
6. Serve on lightly toasted french bread, and enjoy!

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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