

A Sutherland Belle

Summer Soybean Salad with Grana Padano

Serves 4 generously

The combination may sound unexpected at first. Edamame, romaine, pine nut pesto, red wine vinegar, and shaved cheese do not seem like obvious companions. Yet somehow, they come together beautifully. The sweetness of the soybeans, the brightness of the vinaigrette, the richness of the cheese, and the gentle herbal note of the pesto create a salad that feels both substantial and refreshing. It is the kind of dish that disappears quickly at a summer gathering and tastes even better after the flavors have had a chance to mingle. I almost always make a double batch.

Ingredients

Salad

- 1 (12-ounce) bag frozen shelled edamame*
- 1/2 romaine heart, finely chiffonade
- 4 ounces Grana Padano or Parmesan, shaved with a vegetable peeler
- 1 teaspoon extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper, plus more for serving

Pine Nut Pesto

- 1/2 cup packed fresh basil leaves
- 2 tablespoons toasted pine nuts
- 2 tablespoons finely grated Parmesan
- 1 small garlic clove
- 3 tablespoons extra virgin olive oil
- Pinch kosher salt

Red Wine Vinaigrette

- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon Dijon mustard
- 1 teaspoon pine nut pesto
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper

Instructions

1. Steam edamame for 3 minutes. Transfer to a large plate or sheet pan and allow to cool to room temperature.

2. Drizzle cooled edamame with 1 teaspoon olive oil and sprinkle with 1/4 teaspoon kosher salt. Toss gently.
3. Meanwhile, make pesto. Combine basil, pine nuts, Parmesan, garlic, olive oil, and a pinch of salt in a small food processor. Process until smooth. You will only need 1 teaspoon for this salad. Refrigerate remaining pesto for another use.
4. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, pesto, salt, and black pepper.
5. Reserve about 1 tablespoon vinaigrette for finishing.
6. Place edamame, romaine, and about three-quarters of the shaved Grana Padano in a large bowl. Drizzle with the remaining vinaigrette and toss gently until evenly coated.
7. Transfer to a serving platter or shallow bowl. Top with remaining cheese, drizzle with reserved vinaigrette, and finish generously with freshly cracked black pepper.
8. Serve at room temperature.

**If you have a soy allergy, substitute 2 (15-ounce) can cannellini beans, rinsed and drained well. The salad takes on a slightly creamier texture but is equally delicious.*

Storage

Refrigerate: Store in an airtight container for up to 3 days.

Freeze: Not recommended.

Serve: Allow refrigerated salad to sit at room temperature for 20 to 30 minutes before serving. The flavors are brightest when the salad is not ice cold.