

Cancer Prevention and Wellness

Fava Bean and Fregola Salad

The availability of fresh fava beans tells us that spring has arrived. They cook in minutes and add a sweet, buttery flavor to salads, soups and pastas. When tossed with the native Sardinian grain, fregola, a quick, colorful salad, high in fiber and flavor, is easily created.

Makes 8 servings

1 ½ cups	Fregola	3 Tbsp.	Extra-virgin olive oil
	Coarse salt		Salt and freshly ground black pepper
2 Tbsp.	Water	2 cups	Torn arugula leaves
2 Tbsp.	Red wine vinegar	2	Plum tomatoes, cored and diced
1 Tbsp.	Lemon juice	2 cups	Shelled fava beans

Bring 2 quarts of water to a boil, season with salt, and add the fregola. Cook, stirring occasionally, until tender, 10 to 12 minutes. Drain well.

Prepare the dressing, combining the water, red wine vinegar, and lemon juice in a large bowl. Whisk in the olive oil. Season with salt and pepper. Add the fregola and toss to combine. Let cool.

Meanwhile, cook the fava beans in boiling salted water for 3 minutes, or until just tender. Drain. Cool the beans in a bowl of ice water. Drain and peel off their tough outer skin (it should slip off easily). Add the fava beans to the fregola along with the arugula and the diced tomatoes. Gently stir to combine. Adjust the seasoning with salt, if necessary, and spoon into a decorative bowl or platter.

Per serving:

Calories	Protein	Carbohydrates	Fat	Saturated Fat	Cholesterol	Fiber
229	8g	37g	5.5g	0.5g	0mg	5 g

% of Calories: 64% Carbohydrate; 14% Protein; 22% Fat

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“Ask-the-Chef” – Go to www.mskcc.org and look under Wellness

