Recipe for: Lynch Butter Bean Mixer

To prepare: *Soak the beans in a vegetable stock fortified with a Jalapeño Pepper, Lime juice and Cilantro over night.*

**Ingredients**
8oz dried Lynch Butterbeans  
3oz Scallions (julienne)  
3oz carrots (julienne)  
1oz Basil (Chiffonade)  
1-2 Tbsp Olive Oil  
1-2 Tbsp White Wine Vinegar

**Directions**
Cook the beans until just fork tender.  
While the beans are cooking clean your produce and prep.  
Add all ingredients in a mixing bowl with Olive oil and white wine vinegar and blend well.  
Drain the “al dente” beans and mix carefully in bowl with other ingredients.  
Cool. Serve and enjoy.

Recipe for: Hidatsa Shield Asian Salad

To prepare: *Soak the beans in a vegetable stock over night.*

**Ingredients**
8oz Hidatsa Shield Beans  
2oz Soy Sauce (low-sodium)  
2oz Rice Vinegar  
3oz Scallions (thin cut)  
1oz Sesame Seeds (toasted)

**Directions**
Cook beans until fork tender.  
While the beans are cooking clean your produce and prep.  
Add all ingredients in a mixing bowl with rice vinegar and soy sauce and blend well.  
Drain the “al dente” beans and mix carefully in bowl with other ingredients.  
Cool. Serve and enjoy.