

Spring Vegetable Trio with Goat Cheese and Pistachios

Pretty and quick, this dainty vegetarian lunch or elegant side joins seasonal spring veggies with dollops of creamy French goat cheese. It also whispers Mother's Day, doesn't it?

Serves 2 for lunch

20 fava beans

4 teaspoons olive oil

20 spears pencil-thin asparagus, ends snapped off and discarded, remainder cut on the bias into 1-1/2"-lengths

20 plump snap peas, trimmed

1/4 cup toasted pistachios

1/4 cup crumbled, fresh goat cheese

Fill a small pot with salted water. Shell the fava beans, discard the pods, and plunge the beans into boiling water. Cook about 3 minutes, then run under cool water. Slit each bean with your thumbnail and squeeze gently to release the inner bean into a medium bowl. Discard the shells

Meanwhile, place a large, heavy skillet over medium-high heat. When hot, add the olive oil. Toss in the snap peas and asparagus and saute, shaking the skillet, for 2 or 3 minutes or until the vegetables are crisp-tender. Add to the bowl with the favas and immediately nestle in the cheese so it begins to warm. Sprinkle with pistachios and serve immediately.