

green beans

ROASTED GREEN BEANS WITH GREEK DRESSING

(MAKES ABOUT 6 CUPS)

WORK TIME: 15 MINUTES

COOK TIME: 10 MINUTES

DRIZZLE WITH 2 T. OLIVE OIL;

ROAST:

- 1 lb. green beans, trimmed
- ½ cup walnuts, coarsely chopped
- Salt and pepper to taste

FOR THE VINAIGRETTE—

WHISK TOGETHER:

- ¼ cup red wine vinegar
- 1 T. fresh lemon juice
- 2 t. sugar
- 2 t. chopped fresh oregano (or ½ t. dried)
- 1 t. garlic, minced
- Salt and pepper to taste

DRIZZLE IN:

- ¼ cup olive oil

ADD:

- ½ cup red onion, thinly sliced

TOSS BEANS IN DRESSING. BEFORE

SERVING, GARNISH WITH:

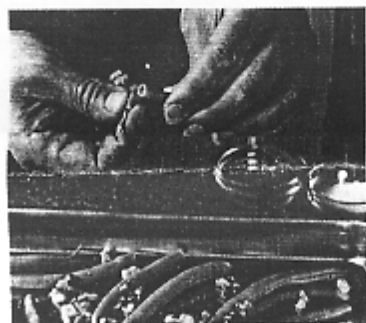
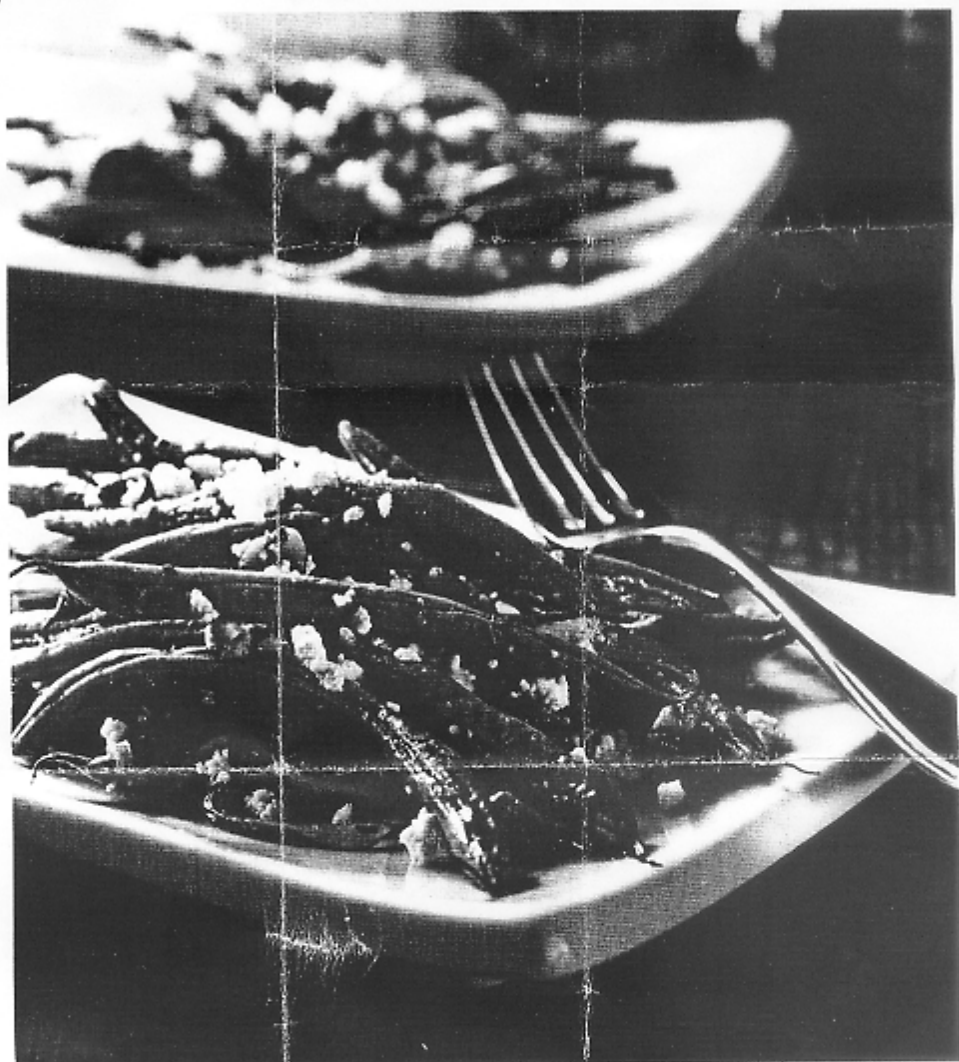
- 2–3 T. feta cheese, crumbled

NUTRITIONAL INFORMATION PER CUP:

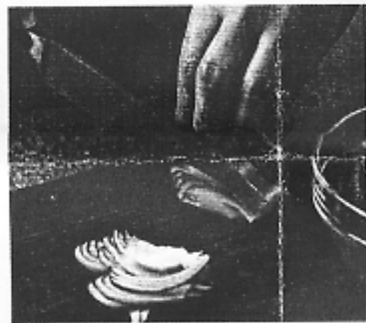
CALORIES 229; TOTAL FAT 21(G);

CALORIES FROM FAT 83%; SODIUM

360(MC); CARB. 11(G)



1 Preheat oven to 450°. Snap off tips of beans at the stem end; place beans and nuts in single layers on two baking sheets. Drizzle with olive oil; sprinkle with salt and pepper. Toss to coat.



2 Roast beans in lower half of oven 5 minutes; stir and roast 5 more minutes. In a large bowl, whisk vinegar, lemon juice, sugar, oregano, garlic, salt, and pepper. Drizzle in oil; add sliced onion.



3 Toss roasted beans and walnuts in dressing, then transfer to a large serving platter or individual plates. Garnish beans with crumbled feta; serve warm or at room temperature.

Serving Suggestion: The distinctive flavor of lamb is great with these green beans—the tangy dressing and cheese balance lamb's richness. Grilled steak or salmon also works well.