



Meryll

refreshingly healthy

Green Beans with Walnuts and Shallot Crisps

Ingredients:

- 5 Large Shallot, chopped
- 2 lbs Green Beans, trimmed and cut in half
- 3 tbsp Apple cider vinegar
- 3 tbsp Dijon Mustard
- 3 tbsp Coconut Oil
- 1 cup Walnuts, chopped and toasted
- 3 tbsp Maple Syrup



Recipe Directions:

1. To make Shallots Crisps: Spread shallot rings on paper towel, sprinkle with salt, and cover with another paper towel. Let stand 10 min, blot excess moisture from shallots.
2. Heat oil in small saucepan over medium heat. Add shallots, and fry 2-4 min, or until golden brown, stirring frequently.
3. Pour shallots and oil through fine mesh strainer, or remove shallots with slotted spoon. Spread shallots on paper towels to drain and cool. Discard oil, store shallots in a jar, if desired.
4. To make Green Beans: Cook beans in large pot of boiling salted water 5-8 min. or until tender. Drain. Whisk together vinegar, mustard, oil, and maple syrup in serving bowl. Add green beans, and toss and coat. Season with salt and pepper. Top with Shallot Crisps and chopped walnuts, and serve.

Serves 8