

Green Beans with Roasted Shallots and Balsamic Glaze

Carolyn T's
Cookbook

Servings: 6

Author: From a cooking class at www.ourhousesouthcounty.com



12 ounces shallots
1/4 cup extra virgin olive oil
2 tablespoons balsamic vinegar
8 ounces green beans
salt and pepper, to taste

Serving Ideas: This can be served hot, room temp, or cold.

Categories: Holiday, Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 131 Calories; 9g Fat (59.0% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit; 2 Fat.

Notes: These are really very easy. The beans may be cooked ahead, but bake the shallots near to the time to serve.

Description: Simple and great for the holidays

Start to Finish Time: 1 hour

1. To roast shallots: Peel the shallots and cut in 1/2 inch pieces. Place in the middle of a large piece of aluminum foil. Pour oil and vinegar over the shallots, then sprinkle with salt and pepper, tossing the shallots to coat. Fold and seal the foil, place on a large baking sheet and bake at 375° for about one hour.
2. Bring a large pot of water to a boil and add the cleaned and trimmed green beans. Cook until they are just barely done (al dente). Remove from water and plunge into cold or iced water to stop the cooking. Drain for a few minutes.
3. Open the foil and stir to loosen some of the caramelized bits on the foil, then add the green beans and stir and toss to coat the beans thoroughly. Season with additional salt or pepper as needed.