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# Green Beans with Dijon Mustard and Caramelized Shallots

Phillis Carey cooking class, Dec. 2013



2 pounds green beans, haricot verts type (thin, young)

2 tablespoons unsalted butter (for shallots)

12 whole shallots, 1/4" dice

2 tablespoons unsalted butter (for mustard & beans)

1 1/2 tablespoons Dijon mustard

Salt and freshly ground black pepper to taste

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

1. Cook green beans in a large pot of boiling, salted water, until crisp tender, about 5 minutes. Drain and rinse under cold tap water to stop the cooking. Drain.
2. Melt first butter amount in large skillet over medium high heat and add shallots. Cook until they reach a deep brown color and are crispy, about 12 minutes.
3. Melt remaining butter in a wok or very large skillet (a nonstick pan is fine) over medium high heat. Whisk in mustard. Add beans, toss until heated through and evenly coated, about 4 minutes. Season with salt and pepper. Mound beans on a bowl or serving platter and sprinkle shallots on top to serve. Can be made ahead and reheated.

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Per Serving (excluding unknown items): 95 Calories; 6g Fat (52.5% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 44mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 1 Fat; 0 Other Carbohydrates.