

Quick & Easy Green Beans with Shallots & Balsamic Glaze

My own concoction.



3/4 pound green beans, haricot verts type, stem end trimmed

2 medium shallots, halved and sliced

1 tablespoon olive oil

2 teaspoons unsalted butter

1/2 tablespoon balsamic glaze

Salt and freshly ground black pepper to taste

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

Servings: 4

1. Heat a large pot of water to a furious boil, add the green beans and continue to simmer for 3-5 minutes until beans are just barely done (under done is better than over done). Taste a green bean to make sure they're cooked to your liking.
2. Prepare a large bowl with cold water and add several cups of ice. Drain green beans, then pour them into the iced water and stir around. Leave them sit for 2-4 minutes, then gently scoop them out and onto dry cloth towels. Roll the towels up gently and allow to sit for 10-15 minutes. Set beans aside at room temp for up to an hour; otherwise, place them in a plastic zip type bag and refrigerate.
3. In a saute pan large enough to hold all the beans, melt the butter and olive oil until they're lightly bubbling. Add sliced shallots and cook these until they're soft but not browned. (This may be set aside at this point, for up to 2 hours ahead of time.)
4. Add green beans to the heated shallot mixture and stir and toss until beans are hot. Taste to make sure. Drizzle the balsamic glaze over the beans and stir gently until the beans are coated. Sprinkle with salt and pepper to taste. Serve immediately.

Per Serving (excluding unknown items): 78 Calories; 5g Fat (57.9% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 6mg Sodium. Exchanges: 1 Vegetable; 1 Fat.