

# Martinique Style Green Beans

Adapted from *All Around the World Cookbook*, by Sheila Lukins



**Servings: 10**

*Do not drizzle the beans with the citrus until serving time - doing it before will turn the beans a gray color. Not pretty!*

- 2 pounds green beans, haricot verts, if possible
- 1/4 cup extra virgin olive oil
- 1/2 cup shallots, coarsely slivered
- 6 cloves garlic, slivered
- 1/2 cup chicken broth
- 4 whole plum tomatoes, seeded, diced
- 2 tablespoons fresh thyme, crushed
- 1 cup corn kernels, fresh off the cob if possible
- Salt and freshly ground black pepper to taste
- 3 whole limes, sliced, for drizzling on each serving (optional)

*Serving Ideas: This is an easy do-ahead side dish for a holiday meal - prepare it completely and cover. Set aside for up to 2-3 hours. Can be reheated briefly (about 2 minutes max) in the microwave, or serve at room temp.*

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

1. Bring a large pot of water to a boil. Add the cleaned and trimmed (stems) beans and cook until just crisp-tender, about 3-6 minutes depending on the size and type of beans. Drain, rinse in cold water (or plunge them into a large bowl of ice water).

2. Heat the oil in a large skillet (large enough to hold everything eventually) over medium heat. Add shallots and garlic. Cook, stirring frequently, to wilt the vegetables, about 5 minutes. Add the chicken broth and cook until the shallots are soft, about another 7 minutes and the liquid has mostly reduced. Don't allow the pan to dry - add a tablespoon or water to liquify the mixture if necessary. Add the tomatoes, thyme, salt, pepper and simmer a few more minutes.

3. Add the green beans and corn and fold them together in the warm pan until heated through. Adjust seasonings. Serve hot, or at room temp with the fresh lime wedges to drizzle over the top.

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Per Serving (excluding unknown items): 108 Calories; 6g Fat (43.1% calories from fat); 3g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat.