

## FAST AND FABULOUS GREEN AND YELLOW BEAN RECIPES FROM PAM COLLACOTT

### GRILLED BEAN PACKETS

Place washed trimmed green or yellow beans on a sheet of heavy foil or doubled regular foil. Sprinkle with 1 to 2 tablespoons water. Add 2 tablespoons butter and a sprinkling of fresh herbs such as summer savory or thyme. Seal packet tightly. Cook on hot grill for 5 to 10 minutes, turning packet over every couple of minutes. Beans are perfectly cooked as soon as the packet puffs up. If desired, sprinkle lightly with salt and pepper before serving.

### TUNA, BEAN AND POTATO SALAD

Add 1 tin of drained, flaked tuna and a handful of blanched, cooled green or yellow beans to 4 servings of your favourite vinaigrette (French) style Potato Salad. A quick lunch or dinner for 2 to 4.

### DILL-PICKLED GREEN BEANS

Replace the cucumbers in your favourite Dill Pickle recipe with green or yellow beans. Add a small hot chili and a clove of garlic to each pint-size jar. Process filled jars in boiling water bath for 10 minutes, following safe processing guidelines. Leave for 6 weeks before eating. These make a tasty accompaniment to sandwiches and burgers or add to drinks like tomato juice or a Bloody Mary. A bottle of these tangy beans makes a perfect hostess gift.

### “NUTTY” TOPPERS FOR GREEN OR YELLOW BEANS

**Buttered Almonds:** Melt 1 tablespoon butter in small skillet or microwave. Stir in 2 tablespoons sliced or slivered almonds: cook and stir until almonds are golden. Can prepare ahead.

**Herb and Garlic Pine Nuts:** Toast pine nuts in dry skillet or in microwave until light brown. Set aside. In small bowl whisk together ¼ cup olive oil, 1 tablespoon lemon juice, ¼ teaspoon each dried oregano and basil and minced fresh garlic, salt and pepper to taste. Add pine nuts. Reheat before pouring over 1 pound hot cooked green or yellow beans, asparagus, broccoli or vegetables of choice.

### DILLED GREEN BEANS AND CARROTS

Blanch 2 cups **each**: chopped green or yellow beans and thin julienne strips of carrot until crisp-tender. Refresh in ice water until cold then pat dry. Stir in 1 or 2 chopped green onions. In food processor or blender process 3 tablespoons olive oil, 1 tablespoon **each**: balsamic and apple cider vinegar, 1 peeled clove garlic, 2 tablespoons chopped fresh dill and salt and pepper to taste. Just before serving, toss vegetables and vinaigrette together. Serve cold. (Components can be made ahead and refrigerated separately until serving time) Serves 4.

### Other Quick Tips

\*\*Prepare the Easy Veggie Sauce (see last month’s recipes for Broccoli) and drizzle over cooked green or yellow beans.

\*\*To freeze green or yellow beans, wash, pat dry, trim ends and cut into pieces as desired. Blanch in boiling water for 3 minutes then immediately refresh in ice water until cool. Drain, pat dry and place in freezer on a baking sheet for 1 to 2 hours or until frozen. Transfer frozen beans to a large freezer bag; add date to bag and quickly return to freezer.