

Green Beans with Poppy Seed Dressing



Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients:

1. 1 tsp. poppy seeds
2. 2 Tbsp. extra-virgin olive oil
3. 1 Tbsp. white-wine vinegar, or rice-wine vinegar
4. 1 tsp. Dijon mustard
5. ½ tsp. honey
6. 1 Tbsp. minced shallot
7. 1/8 tsp. salt, or to taste
8. Freshly ground pepper, to taste
9. 1 pound green beans, stem ends trimmed

Directions:

1. To prepare dressing: Heat a small dry skillet over medium-low heat. Add poppy seeds and toast, stirring, until fragrant, about 1 minute. Transfer to a small bowl (or jar) and let cool. Add oil, vinegar, mustard, honey, shallot, salt and pepper; whisk (or shake) until blended.
2. To prepare beans; Cook beans in a large pot of boiling water until just tender, 5 to 7 minutes. Drain. Warm the dressing in a large skillet over medium heat. Add beans and toss to coat.

Tips & Notes: Cover and refrigerate the dressing (step 1) for up to 2 days.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	113
Net Carbs	11g
Dietary Fiber	4g
Total Fat	8g
Protein	3g