



Charred Green Bean Salad with Peanuts

Christianna Gozzi MA, MS, RD, Euresst at UHG onsite dining

Cooking time: 10 minutes, total time 15 minutes

Serves 8 - ½ cup servings

Ingredients:

- 1 teaspoon (5 mL) fish sauce
- 1 teaspoon (5 mL) garlic, minced
- 1 ¾ teaspoons (8.75 mL) sesame oil
- 3 tablespoons (45 mL) fresh mint, chopped
- 1 yellow onion, cut in ¼ rings
- 2 teaspoons (10 mL) canola oil
- 2 pounds (.9 kg) green beans, ends snipped
- ¼ teaspoon (1.25 mL) crushed red chili flakes
- 1 teaspoon (5 mL) honey
- 1/3 cup 80 mL) unsalted and roasted peanuts, chopped
- 1 teaspoon (5 mL) granulated sugar

Instructions:

1. In a mixing bowl combine fish sauce, sugar, honey, sesame oil, garlic and crushed red pepper flakes and whisk together. Set aside for final step.
2. In a large bowl toss green beans in half the amount of oil.
3. Brush the canola oil on both sides of onion slices and place on sheet pan.
4. Grill the green beans and onions on a hot grill turning occasionally until the vegetables are charred in spots but still crunchy, about 5-6 minutes. Remove from grill and cool slightly.
5. Cut beans in half and rough chop the onions.
6. In a bowl, mix green beans, onions, dressing, mint, and peanuts. Toss well and place in serving vessel and hot hold until service. This can also be served cold.

Nutrition:

Calories: 150
Sugar 9g
Sodium 120mg
Total fat: 7
Sat/trans fat: 1
Carbs: 18g
Fiber: 6g
Protein: 5g
Cholesterol: 0mg