

# The DISH



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Well, it's summer and that's why I'm bombarding you with recipes to make from the garden — my absolute favorite time of the year! Not only do I love the summer heat, but I love being able to walk out to my garden and pick whatever is ready and make it for my family. The last two weeks you've had zucchini recipes (sorry about that) and this week I'm featuring the next thing that's ready in my garden — green beans. It's been a battle keeping the rabbits and deer out, but with enough deer/rabbit repellent, I may finally get enough to eat — and be able to can some, too.

## Oven Fried Green Beans

- 1 lb. fresh green beans
- 1 egg
- 2 Tbsp. olive oil, plus 1 Tbsp. for drizzling pan
- ¼ cup almond flour
- ¼ cup Parmesan cheese
- 1 tsp. sea salt or kosher salt
- 1 tsp. garlic powder
- 1/2 tsp. paprika
- Dash pepper

Preheat oven to 425 degrees. Line two baking pans (about 15.5-by-10.5-inch each) with aluminum foil and drizzle with olive oil. Wash and trim green beans.

Beat together egg and olive oil in large bowl. Coat green beans in mixture. Mix remaining ingredients in separate bowl. Toss beans in dry mix to coat well. Pour green beans onto prepared pans and bake about 15 minutes or until crisp. If needed, place under broiler for a few minutes to crisp.

## Teriyaki Green Beans

- 1 lb. fresh green beans, cut into 1-inch pieces
- 8 oz. fresh mushrooms, sliced
- 1 shallot, diced
- 3 Tbsp. butter
- 1 tsp. minced garlic
- ¼ cup teriyaki sauce
- ½ tsp. sesame seeds

Melt butter in a skillet over medium-high heat. Add green beans, shallot and mushrooms. Cook until starting to soften, about 4 to 5 minutes. Add garlic and cook for 30 seconds. Add teriyaki sauce. Cook for an additional 5 minutes, or until green beans reach desired tenderness. Sprinkle with sesame seeds. Serve immediately.

## Cheesy Baked Green Beans

- 2 lb. green beans, cleaned with ends removed

- ½ cup heavy cream
- 2 garlic cloves, thinly sliced
- 2 tsp. lemon zest
- 1 cup mozzarella
- 2/3 cup freshly grated Parmesan, plus more for garnish
- Kosher salt
- Pinch red pepper flakes

Preheat oven to 400 degrees. Place green beans into a shallow baking dish or skillet. Pour cream over beans and scatter garlic and lemon zest. Season with salt and red pepper flakes.

Sprinkle with mozzarella and Parmesan and bake until beans are tender and cheese is melted, 25-30 minutes. If desired, broil until cheese is browned. Garnish with more Parmesan and serve.

## Fresh Green Bean Casserole

- 2 lbs. fresh green beans, rinsed and ends trimmed, then chopped in half
- 2 Tbsp. butter
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 2 Tbsp. all-purpose flour
- 1 cup chicken broth
- 1 cup half-and-half
- ½ cup panko bread crumbs
- 6 oz. french fried onions

Preheat the oven to 375 degrees. Heat a large pot of salted water (1 ½ Tbsp. salt) to a boil. Prepare a large bowl with an ice bath for blanching the beans.

Blanch the beans by adding them to the boiling water and cooking for 5 minutes. Then drain in a colander and immediately plunge the beans into a large bowl of ice water. This will stop the cooking process so the beans don't turn mushy. Drain and

set aside.

Melt the butter in a large skillet over medium-high heat. Add the onion and garlic, sauteing for 4 to 5 minutes until the onions start to soften. Add the mushrooms, salt and pepper and cook another 1 to 2 minutes. Sprinkle the flour over the softened onions and stir to combine. Cook for 2 minutes, then whisk in the chicken broth to make sure there are no lumps, then add the half-and-half. Bring the mixture to a simmer and cook until it has thickened, stirring occasionally, about 6 minutes.

Pour the sauce over the beans and stir to combine, then transfer to a large 9-by-13-inch casserole dish and sprinkle with the bread crumbs and french fried onions. Bake for 20 minutes until hot and bubbly. Cover the dish with foil if the onions start to brown too quickly.

## Spicy Pickled Green Beans

- 3 lbs. green beans
- 4 red chiles, fresh or dried
- 4 large cloves garlic
- 1 tablespoon peppercorns, white; black, green
- ¼ cup loosely-packed fresh dill or 4 Tbsp. dried dill
- 2½ cups water
- 2½ cups white wine vinegar
- ¼ cup salt
- Pint jars

Trim and remove string from the beans. Rinse well and set aside. Sterilize jars and lids in boiling water. When jars are cool enough to handle, fill each upright with beans until they are snug.

Insert chiles and garlic cloves, preferably around outside so they can be seen (both for decorative reasons and also to alert that they are spicy). Divide peppercorns and dill among jars. Separately bring the water, vinegar and salt to a boil in a non-reactive sauce pan. Ladle the hot brine over the beans leaving about half-inch of head space. Wipe jar edge clean and screw on sterilized lid and band according to manufacturers instructions.

Process in a boiling water bath for 12 minutes. Remove and allow to cool completely at room temperature. Check lids to make sure proper seal has been attained. Store for at least one month before using to allow flavors to develop.

This recipe yields 4 pints.