

# The DISH



**VICKI RASMUSSEN**

FOOD COLUMNIST  
vickir@windomnews.com

Another one of my summer favorites that are ready in my garden, just happen to be green beans. When I went out to pick a few that I thought were ready, I never imagined I'd get a whole grocery bag full. So, what to do with all those beans? Well, my family loves my canned dilly beans so I'll be making a bunch of those to enjoy all winter long. But is there anything better than fresh green beans? I'll definitely be saving some to try in these recipes!

## Baked Green Bean Fries

- 1 lb. fresh green beans
- 1 cup Panko bread crumbs
- ½ cup grated Parmesan
- 2 tsp. garlic powder
- ½ cup all-purpose flour
- 2 eggs, beaten
- Salt and pepper, to taste

Preheat the oven to 425 degrees and line a baking sheet with a silicone baking mat or parchment paper. Wash and cut the ends of the green beans. Dry well with a clean towel.

In one bowl, combine the bread crumbs, Parmesan, garlic powder, salt and pepper. In another small bowl, add the flour and in another, beat the eggs.

First, dredge each green bean in flour, then in the eggs, then roll in the bread crumbs mixture until well coated.

Repeat and place green beans on a baking sheet about 1 inch apart. Bake for 10-12 minutes until light brown and crispy. Serve fresh with dipping sauces like ranch dressing or garlic aioli.

## Corn & Green Bean Salad

- ½ cup reduced-fat mayonnaise
- ½ cup buttermilk
- ½ cup shredded Parmesan cheese, plus more for topping
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. olive oil
- ¾ lb. fresh green beans, trimmed and cut into 1-inch pieces
- 4 medium ears sweet corn

In a small bowl, whisk mayonnaise, buttermilk, ½ cup Parmesan, lemon juice, Worcestershire sauce, garlic powder, salt and pepper. Refrigerate, covered, until serving.

Meanwhile, in a Dutch oven, bring 8 cups water

to a boil. Add beans; cook, uncovered, just until crisp-tender, 2-3 minutes. Drain and immediately drop into ice water. Drain and pat dry; transfer to a serving bowl.

Cut corn from cobs. In a large cast-iron or other heavy skillet, heat 1 Tbsp. oil over medium-high heat. Add corn; cook and stir until tender, 6-8 minutes. Remove from heat and add to beans; refrigerate, covered, until chilled.

Stir mayonnaise mixture into vegetables; toss to coat. If desired, sprinkle with additional Parmesan.

## Copycat P.F. Chang's Spicy Green Beans

BEANS:

- 1-2 lbs. fresh green beans, ends trimmed and beans cut into 2-inch pieces
  - 2 green onions, chopped thin
  - 1 tsp. red pepper flakes
  - 4 garlic cloves, minced
  - 2 Tbsp. sesame oil
- ASIAN SAUCE:
- 1/8 tsp. salt
  - 1/8 tsp. black pepper
  - 2 Tbsp. low sodium soy sauce
  - 1 Tbsp. rice vinegar
  - 1 tsp. white granulated sugar
  - ¼ cup water

Sesame seeds, for garnish (opt.)

Make the Asian sauce by mixing ingredients in a small bowl. Set the bowl aside until ready to use.

Put sesame oil into a large skillet or wok. Turn heat to medium high for 30 seconds. To the hot oil, add chopped green onions, minced garlic and red pepper flakes. Stir well and cook for 30 seconds, stirring constantly, being careful not to burn the garlic.

Add the green beans to the skillet. Stir constantly and cook for 3-4 minutes, until they are just about fully cooked. The beans will turn a deeper green color as they cook. When beans are done, move them over to one side

of the skillet. Give the Asian sauce a good stir and add it to the skillet. Stir well and cook the sauce for 30 seconds (still on medium-high heat); let the sauce come to a boil, then turn the heat to low. The sauce will thicken slightly. Stir the sauce into the green beans to coat. Cook beans and sauce for another 30 seconds, then remove skillet from heat.

Place the hot green beans and sauce onto serving plate or in a bowl, and garnish with sesame seeds (if using). Serve the green beans while hot.

## Sautéed Green Beans with Cherry Tomatoes

- 1½ lbs. fresh green beans, trimmed and cut into 2-inch pieces
- ¼ cup butter
- 1 Tbsp. sugar
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- 10 oz. cherry tomatoes, cut in half
- 1 Tbsp. chopped fresh basil

Place green beans in a large saucepan and cover with water. Place over medium heat and bring to a boil. Reduce the heat to low, cover the pan and simmer until the green beans are tender, about 10 minutes. Drain off the water and set aside.

Melt the butter in a large skillet over medium heat. Stir in the sugar, garlic powder, salt and pepper. Add the tomatoes and cook, stirring occasionally, until the tomatoes are soft. Stir the green beans into the tomatoes and heat for another minute or two, until the beans are heated through. Stir in the basil and serve immediately.

## Garlic Roasted Green Beans Au Gratin

- 3 lbs. green beans, cut into thirds
- ¼ cup butter in thin slices
- 5 cloves minced garlic
- 2 cups shredded cheddar cheese

Place green beans in the bottom of a 9-by-13-inch baking dish. Sprinkle minced garlic and slices of butter over top. Cover with foil.

Bake at 400 degrees for 15 minutes. Remove foil, stir, place foil back on top and bake an additional 15 minutes.

Remove foil, stir and sprinkle cheese over top. Bake an additional 5 minutes or until cheese is completely melted.