

Green Beans with Caramelized Red Onions and Toasted Pine Nuts

Phyllis Carey cooking class, Feb. 2011



- 3 tablespoons olive oil
- 1 pound red onions, peeled, halved, thinly sliced
- 1 tablespoon balsamic vinegar, use an aged (good quality) one
- 1 teaspoon dried thyme
- 1 pound green beans, thin, young, trimmed
- 3 tablespoons pine nuts, toasted

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

You can dry toast the pine nuts in a small frying pan. Heat them and stir constantly until they are golden brown. Once they get up to temperature, pine nuts go from no color to brown in a matter of seconds, so watch and stir carefully.

1. Heat olive oil in a heavy, large skillet over medium-high heat. Add onions. Saute until deep brown, about 20 minutes. Stir in balsamic vinegar and thyme; season with salt and pepper to taste.
2. Cook green beans in medium pot of lightly salted water until just crisp-tender, about 4 minutes. Drain, rinse under cold water until cool, then drain for 15 minutes.
3. When ready to serve, reheat the onions and add the green beans. Heat until the beans are warmed through, about 6-8 minutes. Serve sprinkled with toasted pine nuts.

Per Serving (excluding unknown items): 134 Calories; 9g Fat (57.3% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat.