

Garlicky Green Beans with Crispy Shallots

- 3 Tablespoons olive oil
- 2 large shallots peeled and thinly sliced
- 3 cloves garlic smashed and minced
- 1 pound french green beans trimmed
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon cracked black pepper



1. Line a baking sheet with several layers of paper towels.

2. Heat a 10" cast iron skillet over medium heat. Add the oil and heat until it shimmers.

3. Add half the shallots to the oil, distribute the shallots into an even layer with a wooden spoon, and shallow deep fry until lightly golden brown and crispy, about 7-8 minutes. Important - do not wait until they are a deeper golden brown! They'll taste burned. Remove the shallots from the oil using a wire skimmer or slotted spoon, place onto the paper towels, and immediately sprinkle with a pinch of salt. Add the remaining shallots to the hot oil and repeat.

4. Pour all but 1 tablespoon of oil from the skillet, then return the skillet to the stove and increase the heat to medium high. Add the garlic and sauté until fragrant, about 1 minute.

5. Add the apple cider vinegar to the skillet, immediately followed by the green beans. Toss with tongs to coat the green beans in the fat and vinegar. Sauté the green beans, tossing frequently, until bright green and slightly charred, 2-3 minutes. Add ¼ cup water to the skillet, cover, and steam until the water has been completely absorbed and the green beans are crisp tender, 2-3 minutes. Season with salt and pepper, and toss to distribute the seasoning and garlic.

6. Using tongs, remove the green beans from the skillet to a serving bowl and top with the crispy shallots. Serve immediately.

Makes 4 servings.

Serving Size = 1 cup of cooked green beans

Enjoy with 1 serving of on plan fruit + 3 oz protein to complete the meal.

