

Idiot's Kitchen Recipe – Roasted Green Beans with Walnuts & Goat Cheese

Recipe from www.idiotskitchen.com - adapted from Bountiful by Porter & Cu



Ingredients:

1 pound fresh green beans, ends & stems trimmed
2 Tablespoons olive oil
1 Tablespoon balsamic vinegar
2 teaspoons fresh thyme leaves, chopped
½ cup walnuts, chopped
Juice of ½ lemon
1/3 cup goat cheese, crumbled
Salt & Pepper

Preheat the oven to 400 degrees.

Bring a large pot of water to a boil and add a pinch of salt. When the water is boiling rapidly, add 1 pound of trimmed green beans. Cook the beans only 30-45 seconds, until bright green. Do not over cook the beans.

Immediately transfer the beans to a bowl of ice water to “shock” or stop the cooking. When the beans are cool, transfer them to paper towels to dry.

In a large bowl, combine 2 Tablespoons olive oil, 1 Tablespoon balsamic vinegar, and 2 teaspoons chopped fresh thyme leaves. Whisk to combine, then add ½ cup chopped walnuts.

Blot any remaining moisture off of the green beans so they are as dry as possible. Add them to the bowl and toss with the dressing. Spread the beans and nuts on a foil lined baking pan and roast at 400 degrees for 10-15 minutes or until tender.

Remove from the oven and immediately squeeze with the juice from half of a lemon.

Place the beans in a serving bowl and dot with crumbles of goat cheese (or feta), about 1/3 cup.

May be served warm or at room temperature. Serves 4.