

Garlic and Walnut Green Beans (Cdn Living Dec 2012)

(Serves 10)

2 lb green beans trimmed
2 tbsp extra virgin olive oil
2 cloves garlic thinly sliced
¼ tsp each salt and pepper
¼ cup water
1 jar (370 ml) roasted whole red peppers drained and diced
¼ cup chopped walnutstoasted
1/3 cup chopped fresh parsley

In a large saucepan of boiling slated water, blanch beans in batches for 3 mins. Using a slotted spoon, transfer to ice bath to chill. Drain well and pat dry. (Make ahead.)

Prepare trimmings....red peppers, walnuts and parsley

In a wok or skillet, heat oil over medium heat. Cook garlic, stirring till golden brown about 30 seconds. Stir in green beans, salt, pepper and ¼ cup water. Cook stirring until tender crisp, about 4 mins.

Stir in diced red peppers and parsley. Cook stirring for 1 min. Transfer to serving dish and sprinkle with toasted walnuts