



GREEN BEANS & CARAMELIZED SHALLOTS WITH CREAMY LEMON DRESSING

By Dr. Cindy Tazar
(Maintenance Plan or Special Occasion/Holiday)

This absolutely delicious Springtime recipe is perfect for Easter or any special holiday or occasion. Shallots add a more flavorful onion intensity, but you can use other onions. This is a maintenance recipe due to the extra cream, but the amounts per serving are small for the flavorful indulgence. The dressing truly is amazing and would be great over fish, chicken or other vegetables. Since it is a maintenance or special occasion recipe, serving sizes are not usually provided; however, one cup would cover your vegetable and extra fat for one meal on the standard plan.

Makes 6-7 servings.



INGREDIENTS USING CREAMY LEMON DRESSING

2 Tbsp avocado oil
2 shallots, chopped (can sub 1/3-1/2 cup yellow or sweet onion)
2 lbs. green beans, trimmed (leave whole or cut)
Pink Himalayan salt and pepper, to taste



6 sprigs fresh thyme, leaves only
Zest of whole lemon, juice of 1/2 lemon
1 cup chicken broth
1 cup heavy cream

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add shallots and sauté for 1 minute, while stirring. Add green beans, salt and pepper. Sauté, stirring occasionally, to your preferred degree of doneness. Transfer to a serving dish and set aside.

(You can continue on with the amazing Creamy Lemon Dressing or skip to the Quick and Easy Lemon Cream Sauce below.)

Return the skillet to medium heat, adding the thyme, lemon juice, zest, broth and cream. Simmer and let reduce by half – approximately 10 minutes (should be thick enough to coat a spoon).

Spoon over green beans and serve.

INGREDIENTS FOR QUICK & EASY LEMON CREAM SAUCE (ALTERNATIVE)

4 Tbsp Kerry Gold butter
6 sprigs fresh thyme, leaves only
Juice of 1/2-1 fresh lemon, depending on size and taste
2 Tbsp organic heavy cream

INSTRUCTIONS

Melt the butter gently in a small sauce pan with the thyme. Add the lemon juice and heavy cream. Spoon over the green beans.