

Jeweled Green Beans – Serves 6

Seasonal green beans get the royal treatment from antioxidant rich ruby red pomegranate seeds and heart healthy almonds. A perfect offering for Thanksgiving!

1 pound green beans, trimmed and blanched
1 ½ - 2 tablespoons olive oil
¼ teaspoon sea salt
2 teaspoons fresh thyme, minced
grating of lemon zest, optional
1-2 teaspoons lemon juice
3 Tablespoons almonds, toasted and coarsely chopped
3 tablespoons fresh pomegranate seeds

Bring a large pot of salted water to a boil and add trimmed beans. Simmer for 3-4 minutes until bright green. Drain into a colander and rinse under cold water to stop the cooking process. Pat dry. Heat a large skillet over medium heat and add oil. When oil is shimmering add the beans, salt, and fresh thyme. Sauté until beans are tender crisp, about 3 minutes. Remove to a bowl and let cool slightly before sprinkling in zest and lemon juice. Toss to combine and garnish with toasted almonds and pomegranate seeds.

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Root Veggie Smash - Serves 6

Simmering root vegetables with tart apple and savory onion makes this side dish a unique, delicious, and satisfying alternative to mashed potatoes.

¾ lb. carrots, peeled and cut into ½ inch pieces
¾ lb. parsnips or rutabaga, peeled and cut into ½ inch pieces
1 medium tart apple, peeled and coarsely chopped
1 small onion, coarsely chopped
3 tablespoons plain yogurt
1 teaspoon fresh thyme, minced
¼ teaspoon sea salt
Freshly ground pepper, to taste

Cook carrots, parsnips, apple, and onion in a large saucepan of boiling salted water over medium high heat until very tender, about 30 minutes. Drain and return to saucepan. Over low heat mash the mixture with a potato masher. Stir in yogurt, thyme, and season with salt and pepper. Taste and see if you need to add a tiny drizzle of lemon juice, another pinch of salt, or a couple of drops of maple syrup for balance.

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