

Brown Butter Green Beans

Good Housekeeping Magazine - February 2011

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 40 minutes

salt and pepper

1 pound green beans

2 tablespoons butter (do not substitute margarine)

1 tablespoon fresh tarragon leaves

1/2 teaspoon fresh lemon juice

Heat a large covered saucepot of water to boiling on high.

Fill a large bowl with ice and water.

Add one teaspoon of salt, then the green beans to the boiling water. Cook, uncovered, for 5 to 7 minutes or until crisp-tender. Drain and immediately transfer the green beans to the bowl of ice water. When cool, drain again. Roll the green beans between paper towels to dry.

The beans can be refrigerated in an airtight container or resealable plastic bag for up to three days.

If serving immediately, in the same saucepot, melt the butter on low. When the butter is melted, raise the heat to medium and cook for 3 to 4 minutes or until golden brown and aromatic, stirring and scraping the pot.

Add the beans and cook for 2 minutes or until glazed and heated through, tossing.

Remove from the heat. Toss with the tarragon, lemon juice, 1/8 teaspoon of salt and 1/4 teaspoon of freshly ground black pepper.

Per Serving (excluding unknown items): 31 Calories; trace Fat (2.7% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 1/2 Vegetable.