



From the Culinary Company Kitchen

...enhancing your joy of cooking.

Questions? We are here to help... www.CulinaryCompanyOnline.com 1-888-336-5381

Green Beans and Walnuts

Yield: 6 portions

INGREDIENTS	AMOUNTS
Green Beans	1 ½ lb
Water	1 cup
Walnut Oil	½ Tbsp
Shallots, minced	2 tsp
Garlic, minced	1 tsp
Walnuts, toasted and chopped	2 Tbsp
Chives, Sliced	2 tsp

Process

1. Cook the green beans in boiling salt water and shock
2. Sauté the beans in hot oil with the shallots and garlic until the beans are tender
3. Stir in the walnuts and chives