Creamy Dill Euro Beans

Yield: 4 servings | Prep Time: 5 minutes | Total Time: 12 minutes

Euro Beans seasoned with lots of onions, garlic, sour cream and dill make for a delicious side dish to serve with grilled meats or fish.

Ingredients:

- 1 package Euro Beans, trimmed and cut into 1 -1.5" sections
- 1 large yellow onion, diced
- 3 cloves garlic, crushed
- Salt and pepper to taste
- 3/4 cup sour cream
- 2 tablespoons freash chopped dill

Directions:

1. Blanch the beans in boiling water for 2 minutes and then quickly immerse them in ice water to stop the cooking and set the bright green colour. Drain well.
2. Heat a skillet over medium heat. Add onions sauté until translucent then add garlic and continue to sauté for a couple of minutes making sure the garlic does not burn.
3. Add the drained Euro beans and sauté until warmed through, about 5 minutes. Season with salt and pepper to taste.
4. Reduce the heat and gently add in the sour cream and fresh dill. Heat and stir well.
5. Serve immediately.

Cooking Tips:

This recipe was passed down to one of our employees from a Ukrainian friend. Her mother used to make it and everyone loved it! Hope you will too.

Euro Bean
• THE GOURMET SLICING BEAN® •

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Nutrition Facts:
Serving Size: 4, Calories 139, Fat 9.3g (12% Daily Value), Saturated Fat 5.7g (28% Daily Value) Cholesterol 19mg (6% Daily Value), Sodium 33mg (1% Daily Value), Total Carbohydrates 12.7g (5% Daily Value), Dietary Fibre 3.8g (14% Daily Value), Sugar 2.8g, Protein 3.7g, Calcium 120mg (9% Daily Value), Iron 2mg (10% Daily Value), Potassium 344mg (7% Daily Value)