

GREEN BEAN AND CHICKPEA SALAD

from *From a Breton Garden* by Josephine Araldo

1-1/2 cups dried chickpeas (garbanzo beans)

6 anchovy filets, soaked in water to desalt

1 tbsp. Dijon mustard

½ cup olive oil

Freshly squeezed lemon juice

Pinch of nutmeg

½ cup (or more) green beans, cut in ¼-inch julienne

6 olives, green or black, pitted and finely chopped

¼ green pepper, finely chopped

5 to 6 radishes, grated and salted

4 scallions, sliced paper thin

1 clove garlic, minced

2 to 4 tbsp. chopped *finest herbs*: parsley, chives and tarragon

Soak the chickpeas in water overnight. Drain, put in a large pot and cover with cold water. Cook at a simmer 1 to 1½ hours, until tender. Drain in a colander.

Prepare the vinaigrette: Crush the anchovies in a mortar and mix with the mustard to make a smooth paste. Slowly add the olive oil drop by drop, whisking. Season with salt and pepper. Lighten it with a few drops of lemon juice and add nutmeg

Blanch the green beans in boiling salted water for 4 to 6 minutes.

In a large bowl, mix the blanched green beans, and the chickpeas with the vinaigrette. Add the olives, pepper and radishes. Toss in all the remaining ingredients and correct seasoning if necessary. Allow the dish to rest an hour before serving.



LBO COOKS: BEANS

WHITE BEAN HUMMUS

by *The Spruce Eats*

1/2 cup olive oil

6-8 garlic cloves, chopped

3 ½ cups beans, soaked overnight and cooked, or 2 15.8-ounce cans white beans, drained and rinsed

1/4 cup fresh lemon juice

1 tsp. ground cumin

2 tbsp. chopped fresh parsley

1/2 tbsp. salt

1 tsp. pepper

Optional: Pinch cayenne pepper or paprika

In a small saucepan, combine the olive oil and garlic over medium to low heat until the garlic is very lightly browned, being careful not to burn. Let cool slightly and strain, reserving BOTH the oil and the garlic.

Place the white beans in a food processor or blender, and add the garlic, lemon juice, cumin, and parsley. Process until smooth. Carefully pour in the reserved olive oil while the food processor or blender is running and process until light and smooth.

Season white bean hummus with salt (sea salt or kosher salt is almost always best), white pepper and a touch of cayenne pepper or paprika for a colorful garnish.

WHITE BEAN CHILI

from *www.vegetarianventures.com*

1 Tbsp olive oil
1 white onion , diced
1 green bell pepper , diced small
1 jalapeno , diced
3 garlic cloves , minced
1 Tbsp cumin
1/4 cup all-purpose flour
4 cups low-sodium vegetable broth
5 cups Great Northern beans, soaked overnight and cooked (or 3 15- ounce cans), drained and rinsed
1 4- ounce can chopped green chilies
3/4 cup frozen corn
2 cups warmed whole milk (use non-dairy to make the recipe vegan)
Salt & Pepper , to taste
Lime juice , to taste
**Garnish options: cilantro , avocado, tortilla chips, pickled jalapenos, radish slices, hot sauce

Heat olive oil over medium in a large stock pot. Add onion, pepper, and jalapeno and sauté for 7 to 10 minutes, or until the vegetables are soft and onions translucent. Add garlic and cumin and sauté for another 30 seconds.

Next, add flour and toss until the vegetables are coated. Slowly add in vegetable stock, while stirring, and then add in beans, green chilies, and corn.

Turn heat to medium-high and bring to a boil. Once boiling, turn heat down to medium-low and let simmer for 15 minutes. Stir in warm milk and let simmer for another 2 minutes.

Remove from heat and season with salt, pepper, and lime juice. Divide between serving bowls and garnish before serving.

BLACK BEAN BROWNIES

by Katie Higgins

1 1/2 cups black beans, soaked overnight and cooked (or 1 15-oz can, drained and rinsed very well)

2 tbsp cocoa powder

1/2 cup quick oats

1/4 tsp salt

1/3 cup pure maple syrup, honey, or agave

2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)

1/4 cup coconut or vegetable oil

2 tsp pure vanilla extract

1/2 tsp baking powder

1/2 cup to 2/3 cup chocolate chips

Preheat oven to 350 F.

Combine all ingredients except chips in a good food processor, and blend until completely smooth. Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top.

Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. (If they still look a bit undercooked, you can place them in the fridge overnight and they will firm up)

GREEN BEAN STIR-FRY

from *A Taste of Home*

1 tablespoon reduced-sodium soy sauce

2 garlic cloves, minced

1 teaspoon sesame seeds, toasted

1 teaspoon brown sugar

1 teaspoon peanut butter

3/4 pound fresh green beans, trimmed

4-1/2 teaspoons vegetable oil

In a small bowl, combine the soy sauce, garlic, sesame seeds, brown sugar and peanut butter; set aside.

In a large skillet, stir-fry green beans in oil until crisp-tender. Remove from the heat. Add the soy sauce mixture; stir to coat.