

Tiny Tummies



Warm Green Bean and Tomato Salad with Balsamic Vinegar

I like to serve this with potato salad and chicken cooked on the grill. You can peel the tomatoes first if you like. Just drop them in boiling water for a minute, let cool a bit, and peel.

Serves 4

¾ pound green beans
1 clove garlic, pressed
1 tablespoon balsamic vinegar
1 tablespoon olive oil
¼ teaspoon salt
fresh ground pepper to taste
2 large ripe tomatoes, cubed

1. Trim green beans and cut into bite-size lengths. Steam or blanch them in boiling water for 3 to 4 minutes, until almost tender.
2. Drain and put beans in a serving bowl, along with the garlic, balsamic vinegar, olive oil, salt and pepper. Add the tomatoes and serve immediately.

Green Beans with Garlic and Olives

Simple and delicious. Serve with grilled fish or roast pork. These beans are also great over pasta, just add fresh chopped parsley or basil.

Serves 4

¾ pound green beans
2 teaspoons olive oil
1 large garlic clove, finely minced
3 tablespoons olive tapenade or finely chopped Kalamata olives
fresh ground pepper to taste

1. Trim green beans and cut them into bite-size lengths. Put them in a large skillet with enough water to almost cover. Bring the water to a simmer, cover and cook until almost tender, about 3 minutes.
2. Drain off the water, add olive oil and garlic and sauté for a minute or two. Stir in the tapenade or olives, sprinkle with pepper and heat through.