

## **Green and Yellow Beans with Roasted Red Pepper and Mustard-Orange Dressing**

90 MIN

4 Servings

Easy

Ingredients

- 3 red bell peppers, roasted
- ½ pound green beans, sliced in half
- ½ pound yellow wax beans, sliced in half
- 1 tablespoon organic olive oil
- ½ teaspoon salt – leave the salt out for a low-sodium diet
- ¼ cup water

### **Dressing**

- 1 large navel or Valencia orange, zested and juiced
- 2 tablespoons whole-grain mustard

Instructions

### **Roast the peppers**

- Preheat the oven to 500°
- Place the peppers on a sheet pan and roast for approximately 30 to 40 minutes, rotating them about every 15 minutes so they will char on all sides.
- When the peppers are ready, remove them from the oven and place them in a bowl.
- Cover the bowl with a plate and allow them to cool for up to 30 minutes. This helps the skins to peel easier.
- When the peppers are cool enough to handle remove the stems by simply pulling them off.

- Have a small bowl on hand to catch the liquid that will come dripping out of the peppers.
- Slice open the peppers. Scrape out the seeds, pull the skins off and slice the peppers

## **Sauté the green and yellow string beans**

- Using medium-high heat
- Add 1 tablespoon olive oil in a 10" - 12" sauté pan. Don't allow the oil to smoke.
- Add the green and yellow beans to the sauté pan
- Season with a little salt and stir.
- Put a small amount of water in the pan (approximately  $\frac{1}{4}$ " ) and cover. Stir occasionally, adding small amounts of water if needed to prevent burning.
- After the beans have cooked 5 minutes or so add the sliced roasted peppers.
- Cook until the beans are tender but not mushy. Depending on how young your beans are it could take anywhere from 5 minutes for young beans to 20 minutes for older beans to get to the desired texture. Just try and keep them bright green.

## **Make the dressing**

- Combine the orange zest, juice, and whole grain mustard in a bowl
- Add the dressing to the beans and peppers
- Adjust seasoning as needed and serve