



GREEN BEANS WITH GRAIN

This simple dish from India uses summer's bounty of fresh green beans, and your choice of pre-cooked grain. The original is made with millet, but the dish is good with bulgur wheat, cooked wheat berries, barley or rice, as well.

- 2 cups pre-cooked grain
- 3 TB canola oil
- ½ cup thin sliced onion
- 30 to 35 green beans cut to one inch
- 1 cup diced tomatoes
- ½ carrot, grated
- 2 TB cider vinegar
- Salt and cayenne pepper to taste

Saute onion in 2 TB oil until it turns golden. Add green beans, tomato, carrot, vinegar, salt and pepper. Mix and simmer 20 minutes, allowing some of the liquid to evaporate. To another fry pan, add remaining oil and cooked grain. Stir-fry until grain begins to brown. Form grain into a ring around the outside of a platter. Fill the center of the ring with the green bean mix. Serve hot.

Thanks to Barbara Shaw for this recipe from her book ["Local Pleasures: Northwest Seasonal Cooking"](#)