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Green Beans With Poppy Seed Dressing

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 1 teaspoon poppy seeds
- 2 tablespoon extra-virgin olive oil
- 1 tablespoon vinegar, white wine, or rice-wine vinegar
- 1 teaspoon mustard, Dijon
- 1/2 teaspoon honey
- 1 tablespoon shallot(s), minced
- 1/8 teaspoon salt, or to taste
- pepper, black ground, to taste
- 1 pounds beans, green, stem ends trimmed

Preparation

1. **To prepare dressing:** Heat a small dry skillet over medium-low heat.
2. Add poppy seeds and toast, stirring, until fragrant, about 1 minute. Transfer to a small bowl (or jar) and let cool.
3. Add oil, vinegar, mustard, honey, shallot, salt and pepper; whisk (or shake) until blended.
4. **To prepare beans:** Cook beans in a large pot of boiling water until just tender, 5 to 7 minutes. Drain.
5. Warm the dressing in a large skillet over medium heat. Add beans and toss to coat.

