



Makes 3 servings



15 minutes

Creamy Lemon Caper Sauce with Green Bean Recipe



Ingredients

1 C walnuts
 1/2 C water
 1/2 pound dry pasta
 1 pound mixed green & wax beans
 3 cloves garlic, chopped
 1 Tbsp capers
 Zest of one small lemon
 Juice of 1 small lemon
 1/4 C unsweetened milk, more if needed
 Black pepper to taste
 1/4 tsp tarragon
 1/8 tsp turmeric

My farmer friend had waxed beans and I wanted to do something special with them. I looked up recipes and realized they would be perfect in a lemony, salty sauce. Voila! This recipe was born.

Method

1. In a small food processor, process walnuts into creamy butter. Add 1/2 of the water and process into a thick paste.
2. Microwave beans in 1 tablespoon of water with a lid for 2 1/2 minutes.
3. Cook pasta in an Instant pot with enough water to barely cover the pasta. Set manual time to 1 minute. When done, wait 3 minutes and do a quick release. Drain.
4. In a small bowl mash garlic cloves, capers, and lemon zest together to make a coarse paste.
5. In a medium hot pan, sauté the paste for 2 minutes. Add the lemon juice and bring to a boil. Add the beans and toss for about 1 minute.
6. Stir 1/4 cup of walnut paste and remaining water to create a creamy sauce
7. Turn heat to low. Stir in the milk and spices.
8. Keep adding walnut paste and milk to create the desired consistency and volume of sauce.
9. Add pasta and fold to combine. Serve.

Note: You can use all green beans, broccoli, peas, kale, roasted squash, or a vegetable medley with this sauce.

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Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon