

Green Beans w/Yogurt Sauce

Yield 6

1 lb green beans, trimmed
1 onion minced
6 Tbsp butter
¼ tsp cinnamon
pinch clove
pepper
1 clove garlic chopped
½ tsp salt

sauce:

1 cup goat yogurt
¼ cup ice water
½ cup mixed herbs (parsley, dill, savory, basil, tarragon, cilantro)
1 Tbsp mint chopped

Parboil beans 4-5 minutes. Sauté onion in butter until soft. Drain and add beans to onion. Stir in cinnamon, clove, & pepper. Cook covered 10-15 minutes until beans tender. Grind garlic with salt, whip yogurt with water & add garlic. Stir herbs into beans & heat through (~1 minute). Turn out onto plate & pour yogurt sauce over beans.