



XCentric Ideas

Recipes from Internet
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Raw green beans chopped

In food processor, chop beans to resemble crumbs.

Why?

It changes the whole look of green beans.

What can I use it for?

Green bean rice ... steam this chopped green beans for a few minutes and serve as rice.

Green bean mash ... steam this chopped green beans for a few minutes and stir into your mash – OR steam beans till soft, mash it with butter and milk.

Use in stir-fry instead of rice

Use as basis for recipes in this issue



Raw green bean feta mixture



2 cups raw green beans - rinsed, topped, tailed, chopped finely
2 rings feta cheese
2 tbsp olive oil
Spices
Chilli spices (optional)

Mix everything together in processor. Refrigerate.

*This mixture can be used as a **dip** for fresh vegetables or crackers.*

*Or as a **spread** on baguettes / toast / crackers. Spoon the mixture into balls to serve with crackers.*

*Use mixture as **pasta sauce** on cooked pasta.*

Raw green bean pesto



3 tbsp fine breadcrumbs (any brown/whole wheat/seed bread) ***(or you can leave out the crumbs and add more oil)***

100g green beans - rinsed, drained, topped and tailed

1 small garlic clove, chopped

50g parmesan or Cheddar cheese, grated

2 tbsp lemon juice ***(Note: you can add more once everything is mixed)***

Sea salt and freshly ground pepper, to taste

3 tbsp oil (olive / sunflower)

(you can add nuts if you want)

Put the green beans, garlic, lemon juice, oil and pepper in a food processor and pulse until finely chopped (or chop them by hand, if you prefer). Add the cheese and breadcrumbs. Add salt to taste. Add more lemon juice, oil and pepper if you want.

This is a refreshing spread for baguette, toast, or even as a dip.

Oven baked green beans with egg and Parmesan cheese



What a fabulous snack!!!!!!

- 30 ml olive oil
- Crushed garlic
- 1 large egg, beaten
- 2,5 ml salt
- 350 g fresh green beans, sliced
- 35 g Parmesan cheese, grated (or Parmesan powder)

Preheat oven to 220 °C. Beat oil, garlic, egg and salt in mixing bowl. Add beans and stir till coated. Spread beans on greased baking sheet (or one with baking paper). Sprinkle cheese over. Bake for 12 – 15 min till brown and cooked. If you want beans more crisp, bake for few minutes directly under grill element of oven.

Baked green bean dish with cottage cheese and crumbs

±170g raw green beans - rinsed, topped, tailed, cut into pieces

125 g smooth cottage cheese

¼ cup milk

¼ cup Cheddar cheese, grated

Parmesan cheese to taste (optional)

1 cup bread crumbs

Herbs / seasonings

Preheat oven to 210 °C. Add beans to pie dish. Beat cottage cheese and milk together with herbs. Pour over the beans. Sprinkle with bread crumbs and cheeses. Bake for 20 minutes if you like beans still a bit crispy, otherwise bake for another 10 minutes.

An excellent main dish, served with a side salad. Or ideal as a side dish to a braai or any main dish.



Green Bean and Spinach Leaf Quiche



- 1 cup raw green beans - rinsed, topped and tailed, chopped finely
- 2 cups firmly packed baby spinach leaves, keep whole (**Optional. Leave out spinach and use more green beans**)
- 125 g smooth cottage cheese
- 3 large eggs
- Few green beans for decoration, topped and tailed, kept whole
- Herbs and seasonings to taste
- ½ cup grated cheddar cheese
- Parmesan cheese, grated or the powder

Preheat oven to 210 oC. Grease a pie dish. Beat the cottage cheese and eggs together. Mix in bowl with green beans, spinach and herbs and seasonings. Pour into pie dish. Sprinkle cheeses on top. Decorate with long beans. Bake for 45 minutes till golden brown, puffed up and set in the centre.

Green bean cheese bread – no flour



2 large eggs

1 cup cheddar cheese, grated

1 cup raw green beans – topped, tailed, finely chopped

½ teaspoon smoked Spanish paprika (optional: use paprika)

Salt

Pepper, herbs to taste

Preheat oven to 220 °C . Combine all your ingredients and mix well. Spoon mixture into cake pan. Press down on mixture with big spoon. Bake for 30 minutes.

What a lovely side dish – or use as a main dish. Serve with rice, couscous or a lovely salad.

Green bean 'frikadelle' (vege- balls)



- 1 cup raw fresh beans - topped, tailed, chopped fine
- ¼ cup white beans (from can), drained, chopped fine
- Spices to taste (paprika, cloves, salt, pepper)
- 1 large egg
- ½ wheel feta, crumbled
- 1 slice toasted bread, chopped into crumbs

Mix the beans, white beans, spices, egg and feta. Make balls (they are a bit 'sloppy'), put them on plate in freezer for 15 minutes. Remove from freezer, coat with breadcrumbs and bake at 200 °C for 20 minutes.

What a fabulous dish!!!! Perfect with mash.

Green Bean Cottage Pie

1 cup crushed raw green beans, topped and tailed
1 cup fresh tomatoes, chopped finely
¼ cup veg / chicken stock
½ tsp each of paprika, cloves, salt, pepper
½ tbsp ketchup
½ tbsp German mustard (*or other mustard*)
1 toasted bread slice, crumbed
1 cup prepared mash / *Smash*
Grated cheddar cheese

Mix the green beans with tomatoes, stock, ketchup, mustard and seasonings in pot on stove. Simmer with lid on for 10 minutes.

Preheat oven to 200 °C. Spoon mixture into oven dish. Spread mash over the mixture, sprinkle with bread crumbs and cheese and bake for 20 minutes.

Such a comforting dish! Serve with bread / rice / vegetables / salad.

