

GREEN BEANS AND CARROTS WITH SPICY ALMONDS

(from the Bewitching Kitchen)

1 teaspoon sugar
1 teaspoon chili powder
½ teaspoon ground za'tar
½ teaspoon salt
Pinch of cayenne pepper
a touch of olive oil butter
⅔ cup slivered almonds (or amount to taste)
green beans, cut into 1½-inch lengths
carrots, sliced thin
1 tablespoon olive oil
salt

To make the almonds: In a small bowl, combine the sugar, chili powder, za'tar, salt, and cayenne. Heat the olive oil in a small nonstick skillet. Add the almonds and cook, stirring occasionally, until they are beginning to brown, about 2 minutes. Sprinkle them with the sugar-spice mixture and stir almost constantly until the spices are fragrant, do not let it burn. Move them to a plate and reserve at room temperature.

Bring a medium saucepan of salted water to a boil over high heat. You have two options: add the green beans and carrots and cook both together until crisp-tender, about 4 minutes. Or if you prefer the carrots a bit more tender, add them first, cook them for about 3 minutes, then add the green beans for additional 4 minutes of cooking. Drain both veggies well, lay over paper towels or a kitchen towel to remove all excess water.

Finish the preparation: Add the olive oil to the a non-stick skillet and heat over medium-heat. Add the green beans and carrots and toss well. Sautee until you get some color on some of the green beans and carrots, the less you move them around the more they will brown. Season with salt, add the almond mixture, toss just a couple of times to spread them around the veggies. Transfer to a serving dish.