

# green beans with figs

I'm sure many of you have heard of the Whole30. It's a way of eating that focuses on proteins, vegetables, healthy fats and some fruit. Sounds easy right? It can actually be a lot of work depending on the way you eat before you start the Whole30 and if you like cooking/meal planning. I eat really well but there are times that I have treats or get derailed from how I should be eating. I needed a brush up because guess what...summer is right around the corner. No more hiding underneath sweatshirts, sweatpants, winter sweaters and jackets. Are you going to like what you see when all those layers come off and it's shorts and tank top season? Do you need a brush up? I'm not saying you have to do the Whole30 but don't forget to take advantage of your complimentary nutrition meetings. We also offer 4 week nutrition meetings as well as personalized meal plans. Remember that small changes lead to big results. To get started you can for the first week drink more water or add an extra serving of veggies daily and build from there. You don't need to make drastic changes to see results.

Anyway, back to the green beans. I was browsing through the Whole30 cookbook I have and I saw the recipe above. I made my own changes and let me tell you it's pretty damn delicious. I didn't add the squeeze of lemon because I had none but it would be great. I love lemon; it's right underneath my love for chocolate. I hope you enjoy this recipe.

xoxo,  
Kristin

1) In a microwave safe bowl, put the green beans in with a 2 tablespoons of water. Cover with plastic wrap and microwave 3-6 minutes depending on the watts of your microwave. You are

looking for them to be tender crisp.

2) Meanwhile, in a large saute pan, over medium heat, melt the coconut oil. Add the onions and sprinkle with salt and saute for 3-4 minutes. Add the minced garlic and thyme and saute a minute longer.

3) Add the vinegars, dijon mustard, figs and a little pinch of salt and pepper. Saute for about 2-3 minutes. Slowly whisk in the olive oil. Once the olive oil is fully combined in, add the green beans and toss to coat. Keep sauteing about 1-2 minutes longer making sure all the green beans are covered in the sauce.

4) In a medium size bowl add the green beans and top with nuts and a squeeze of lemon.

Recipe from Kristin inspired by the cookbook: The Whole30