



Ginger Dressed Golden Beans with Purple Cauliflower

Ginger Dressing:

- 2 Tablespoons oil
- 2 Tablespoons white wine vinegar
- 1-1/2 Tablespoons agave syrup
- 1 Tablespoon lime juice
- 1 teaspoon grated or minced fresh ginger

Beans and Cauliflower:

- 1/2 pound golden string beans
- 1/2 head purple cauliflowers, broken into florets
- 1/4 cup raw sunflower seeds
- 2 teaspoons toasted sesame seeds

Prepare dressing:

Whisk dressing ingredients together in a small bowl.

Trim off the bean stems; place beans and water in large microwave safe bowl; cover; microwave on high power until beans are crisp tender, about 5 minutes. Stir; pour off excess water. Toss beans in half of dressing to coat. Set aside.

The cauliflower florets can be served raw or cooked in the microwave on high power until crisp tender. Toss florets in remaining dressing to coat.

Arrange beans and cauliflower on serving platter. Sprinkle with sunflower seeds and sesame seeds. Serve as side dish: Serves: 4

About the Recipe: What a perfect combination of vegetables, golden beans, a great source of vitamin C, and purple cauliflower, full of antioxidants anthocyanins, which are also found in red cabbage and red wine! It's a plate full of nutrition. Also, the vibrant ginger dressing adds a wonderful freshness that makes this side dish so delicious and beautiful.