



Green Beans In Walnut Oil

16oz cleaned green beans $\frac{1}{2}$ cooked and cooled (or frozen, thawed and drained).

1 medium red/ or yellow bell pepper cut in thin strips

1 medium size red onion sliced in thin strips. 4oz Mushrooms

Place your pan over a Medium heat and add 3-4T walnut oil. Add onions and lightly brown them slowly in the oil. Add bell peppers and a couple minutes later add the green beans. Sprinkle with sea salt, white pepper to taste. Fresh savory & marjoram leaves can be added. A fresh lemon can be squeezed over the vegetables at the last minute when served. Don't add too soon as the juice will turn the fresh herbs and beans dark brown .

MASHED POTATOES

3# RED POTATOES CUT IN EVEN SIZE PIECES AND BOILED IN SALTED WATER UNTIL THEY CRACK APART EASILY. Water should be salted to taste before adding potatoes and cooking begins. Drain off water when potatoes are done. Do not mix in an aluminum pot they will turn gray.

In a separate bowl mix well:

1 pint of Half & half 2T granulated onion 2T salt

$\frac{1}{2}$ T white pepper 3T chives 2T parsley

Mash the potatoes with the cream mixture

The cream is a variable for desired consistency. The cream will not separate like using butter or milk. Cream will also make the potatoes whiter for presentation. Mix in the seasoned cream to the potatoes and stir in well.