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Bourbon Maple Glazed Green Beans

By Sarah Hayes

Bourbon maple glazed green beans, a fancy name for a simple dish! Actually, the length of the name almost matches the list of ingredients, so already I know you are thinking, “fancy dish, minimal ingredients - winner, winner, (not chicken) dinner”.



BOURBON MAPLE GLAZED GREEN BEANS

Your dinner guests are going to love this simple dish. How do I know?

I served this dish at Thanksgiving to some rave reviews. We even topped it with [Minimalist Baker Coconut Bacon](#). You could do that or not.

Whatever is your jam. Or bean. Jam bean. Sliced almonds would also make a nice addition. So really the options for making this side your 'own' are almost endless.

Maple and bourbon combine for an amazing sweet glaze. Cranberries add a nice color and onion a deep richness.

And guess what?

NO OIL.

So go ahead and dress to impress your table with this side dish!



ABOUT THE AUTHOR

Hi! I am Sarah from Bad to the Bowl a vegan plant based cooking blog. Bad to the Bowl is a collaboration between my college aged niece and myself. Even though we are miles apart, we can connect via our love of cooking! I am a wife, mom, recipe creator, red wine fanatic, podcast listening junkie and summer weather lover (which is ironic since I live in Michigan - not known for our warm weather exactly) Would love to connect with you and see how this dish turned out for you! Follow Sarah at- www.badtothebowl.com



Bourbon Maple Glazed Green Beans

By: Sarah Hayes

Serves 6

Ingredients:

- 3 cups green beans
- 1 cup diced sweet onion
- 1 garlic clove, minced
- 4 Tblsp pure maple syrup
- 1/4 tsp. salt
- 1/4 tsp pepper
- 1 Tblsp bourbon
- 3 Tblsp dried cranberries
- coconut bacon or sliced almonds, optional



Instructions:

1. Prepare green beans by steaming slightly, drain.
2. While green beans steam, place diced onion and garlic clove in skillet. Saute 3 - 5 minutes.
3. Add your drained green beans, stir to combine.
4. Add in syrup, salt, pepper, and bourbon.
5. Stir to combine.
6. Remove from heat and toss with dried cranberries (and optional coconut bacon/almonds).
7. Enjoy!