

Snacks

Sunny Seed Green Bean Pâté

Even green bean fanatics can struggle to keep up with the harvest on a productive green bean patch. This unique spread gives green beans a new look and feel while preserving their wonderful taste. Older kids can help with every step, and kids of all ages can help prepare the green beans for cooking and blend the ingredients together.

ACTIVE TIME: 30 minutes **TOTAL TIME:** 30 minute

Makes about 3 cups

Here's what you'll need:

2 large onions, peeled and thinly sliced
1 tablespoon olive oil
1 pound green beans, trimmed and cut into ½-inch pieces
8 cups water
1 cup sunflower seeds, roasted
2 teaspoons salt
3 scallions, chopped
Sliced bread or crackers (optional)
Large frying pan
Large pot
Colander
Food processor or blender



Here's what you'll do:

- 1 Heat oil in a frying pan and sauté onion until soft and lightly browned.
- 2 In a large pot, bring the water to a boil. Add cut green beans and continue to boil for 4 to 5 minutes. Once tender, drain the green beans into a colander, reserving ½ cup of the cooking water for later use.
- 3 Grind the sunflower seeds in a food processor or blender. Add green beans, salt, chopped scallions and the reserved ½ cup of cooking water and continue to blend until creamy.
- 4 Serve pâté with bread or crackers.