



ROASTED GARLIC AND ONION BUTTER (for VGV!)

March 2, 2023

Wake Up Your Green Veggies, a.k.a. VGV! with The Virtuous Green Veggie Whisperer. This flavor-rich butter is made in advance and then spooned onto microwaved vegetables for a green vegetable side dish that you want to eat, vs. feel like you “have” to eat. This recipe calls for green beans but feel free to substitute your favorite cooked vegetable.

Makes a generous 1 cup (of butter)

Ingredients:

Butter:

- 1 small/medium yellow or white onion
- 6-8 garlic cloves, unpeeled
- Olive oil
- Pinch of Kosher Salt
- 1 stick (4 ounces) unsalted butter, softened
- Pinch of Fleur de Sel or Coarse sea salt

Vegetable:

- 1 12-ounce microwaveable bag of green beans, or other green vegetable

Method:

1. Make the butter in advance.
2. Preheat to 425°F
3. Peel the onion and slice it in half. Cut each half in thin half-moon-slices.
4. Toss in just enough olive oil to coat and place on a small sheet pan that has been fitted with a piece of parchment paper. Toss the garlic cloves in olive oil and add to the sheet pan. Season lightly with Kosher salt.
5. Roast onions and garlic for about 25-30 minutes or until the onions are charred in places and translucent. If you like them darker, cook a little longer. The garlic should be soft and caramelized as well.
6. Remove from oven and stir around to mix all the onions well. Fold the parchment paper over the onions and garlic and let them steam and cool for at least 1 hour or overnight in the refrigerator.
7. When cool, squeeze the garlic out of the cloves and add to the butter. Season to taste with fleur de sel or coarse sea salt. Mix well.
8. Mix onions with softened butter and garlic until smooth.
9. Store in a glass mason jar in the refrigerator until ready to use. Depending on the size of your onion, this will make a generous 1 cup of butter.

WHAT'S 4 DINNER?

#RECIPESTHATDISH

Note: *The butter may be chunky instead of smooth based on the quantity of onions. But don't worry, when you add it to the hot vegetables it will melt into the vegetables, and leave its flavor and nice chunks of onions on the vegetables.*

10. When ready to use, microwave your green beans or other vegetable according to the package instructions.
11. Pour vegetables into bowl and add 1-2 tablespoons of the butter. Let melt, toss gently to coat all the vegetables and serve.