

A Night in Paris Recipes

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FRENCH GREEN BEANS



INGREDIENTS

- 1/2 pound of fresh green beans (about two handfuls)
- 3 Tablespoons of olive oil
- 1 garlic clove (minced)
- 1/8 - 1/4 teaspoon of salt
- 1/4 cup of sliced almonds

DIRECTIONS

Trim the ends off of the fresh green beans and set aside.

Fill a large pot with water and bring to a boil over high heat. Add the green beans to the pot and boil for 7-10 minutes (if you're like me and prefer them a little mushy, cook them longer), or until fork tender. Using a strainer, drain the green beans and set aside.

In the same pot you used to cook the green beans, heat the olive oil over medium heat. Add the minced garlic and cook for 30 seconds to a minute. Remove from the heat and add the green beans, salt, and sliced almonds, tossing to combine. Coat with olive oil and add more salt as needed.

FROZEN CHOCOLATE-COVERED BANANAS



INGREDIENTS

- 1/2 cup of dark chocolate baking chips
- 1 banana
- Parchment paper

DIRECTIONS

Add chocolate chips to a small bowl and melt in the microwave in 30-second increments until completely melted and smooth.

Using a knife, slice the banana into half-inch slices. Place parchment paper on a flat, hard surface. Place teaspoon sized dollops of melted chocolate on the paper. Place a banana slice on top of each dollop and cover the banana with chocolate.

To create heart-shaped bananas, use two slices and shape them to resemble a heart using a knife. Follow the same steps as above, but place the two slices next to each other and top with chocolate.

Place in the fridge for 15-20 minutes (or overnight) and enjoy this treat cold.

A close-up photograph of a white plate with a scalloped edge, filled with spaghetti squash. The squash strands are coated in a golden-brown sauce and topped with melted white cheese and a dusting of black pepper. A single fresh basil leaf is placed in the center of the dish. The plate is set on a light-colored, textured tablecloth.

SPAGHETTI SQUASH CACIO E PEPE

INGREDIENTS

- 1 large spaghetti squash
- Olive oil
- Salt
- Freshly cracked black pepper
- 2 Tablespoons of butter
- 1/2 cup of warm water
- 1 cup of parmigiano reggiano

DIRECTIONS

Preheat oven to 375 degrees.

Cut spaghetti squash in half lengthwise and discard seeds and stringy inside parts. Place both halves on a baking dish open side up. Drizzle the insides with olive oil and sprinkle with salt and pepper. Allow the squash to roast for 50-60 minutes until it's fork tender (pierced or cut easily with a fork).

After the spaghetti squash is done roasting, take it out of the oven and allow it to cool for about 10 minutes. Using a fork, scrape the sides and the middle to gather the innards. Set aside.

Next, melt butter over medium heat in a large saucepan. Once the butter is melted, add the squash to the pan and stir to coat the squash with butter. Add the warm water a little at a time, stirring to coat. This is a very important step as the water will help the cheese melt properly. Add the parmigiano reggiano, 1/4 teaspoon of salt, and one teaspoon of freshly cracked black pepper, stirring until the cheese melts and the spaghetti squash is creamy.

Plate and top with additional pepper and cheese to your taste.

Suggested Wine Pairing

A simple line drawing of two wine glasses, one slightly behind the other, positioned to the right of the 'Suggested Wine Pairing' text.

I decided to pair the menu with one of the healthiest alcoholic beverages you can drink—red wine. I personally prefer merlot or cabernet sauvignon, but grab a bottle of whichever wine you prefer.

