**Greek Stewed Green Beans and Yellow Squash with Tomatoes**



Andrew Scrivani for The New York Times

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**Published: May 21, 2010**

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Green beans are one of many vegetables that both Greek and Turkish cooks stew with abundant olive oil in dishes known as *ladera*. This recipe is inspired by one of them, but it’s a far cry from the authentic version, which requires three times as much oil and simmers for a longer time. Don’t be put off by the faded color of the beans; they’re comforting and delicious.

[](http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html?ref=nutrition)

[**Recipes for Health**](http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html?ref=nutrition)

Each week this series will present recipes around a particular type of produce or a pantry item. This is food that is vibrant and light, full of nutrients but by no means ascetic, fun to cook and a pleasure to eat.

3 tablespoons extra virgin olive oil

1 large onion, chopped

2 large garlic cloves, minced

1 pound fresh green beans, trimmed

3/4 pound yellow squash (3 medium squash)

1 (14-ounce) can chopped [tomatoes](http://topics.nytimes.com/top/reference/timestopics/subjects/t/tomatoes/index.html?inline=nyt-classifier), or 1 1/2 cups peeled, chopped tomatoes

Salt and freshly ground pepper to taste

1/4 cup chopped fresh mint, parsley or dill

1 to 2 tablespoons fresh lemon juice (optional)

**1.** Heat 2 tablespoons of the olive oil in a wide, covered skillet or Dutch oven over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes. Add the garlic and cook, stirring, for another minute until fragrant. Stir in the green beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and 1/2 cup water. Bring to a simmer, then add salt and freshly ground pepper. Cover and simmer 30 minutes until the beans are tender and the mixture is stew-like. Add the herbs, and simmer for another five to 10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper. Serve hot or at room temperature.

**Yield:** Serves four to six.