

Fava Beans with Fried Onions

2 pounds fava beans
1 bunch fresh onions, chopped
2 cloves garlic, chopped
1/4 cup olive oil
2 Tbs. tahini
3 Tbs. lemon juice
salt and pepper to taste

Heat the olive oil in a large skillet on high heat until hot. Add in the onions and garlic, and sauté for 6 minutes, stirring frequently to prevent burning. Meanwhile, boil the fava beans for 4-6 minutes in a large pot, depending upon desired tenderness. Drain and run the pods under cold water, and shell (you may also remove the outer seed coating if you find it to be too tough). Add the beans to the onions and garlic when they are beginning to get crispy. Mix well, turn off the heat, and add in the tahini and lemon juice. Stir well and add salt and pepper to taste.