

recipe



Steamed Green Beans in Butter Sauce

Ingredients

- 1/2 pound fresh green beans, trimmed
- 2 tablespoons (1/4 stick) butter or 1 T olive oil
- 1/8 teaspoon sea salt
- 1/8 teas freshly cracked pepper

Prep time: 10 min

Cook time: 10 min

Serves: 2

1. Steam beans in a steamer until tender but still firm. (about 2 min in a microwave to steam.)
2. In saucepan over med-low heat, combine butter, salt & pepper. Optional Lemon Pepper. Stir until melted.
3. Add butter sauce and stir until coated.

butter

recipe



Green Beans Sauteed in Garlic

Ingredients

- 1/2 pound fresh green beans, trimmed
- 1 tablespoons butter plus or 2 Tablespoons olive oil
- 1/8 teaspoon sea salt & pepper
- 1 Tbs minced garlic

Prep time: 10 min

Cook time: 10 min

Serves: 2

1. Heat butter and oil over med-high heat in saute pan.
2. Add beans, pepper & salt.
3. Cook turning until tender, 7-8 min. Butter will be dark brown.
4. Add garlic, reduce heat and cook 1 minute.
5. When suitably tender, remove and serve.

garlic

3 Easy Steps - Green Bean Official Taste Tester

1. Try 3 recipes using green beans in your farm box
2. Fill out the comment card & vote for your favorite
3. Most Popular recipe will be shared as Winner

recipe



Green Beans Roasted in Coconut Oil

Ingredients

- 1/2 pound fresh green beans, trimmed
- 2 tablespoons Coconut Oil
- 1/8 teaspoon sea salt
- 1/8 teas freshly cracked pepper

Prep time: 10 min

Cook time: 15 min

Serves: 2

1. Preheat oven to 425 degrees.
2. Coat beans in coconut oil and lay out flat on baking sheet, sprinkle with salt & pepper. Optional Lemon Pepper.
3. Put baking sheet on lower 3rd oven section.
4. Roast 10 min. Shake pan & bake 5 more min. Remove from oven.

coconut



It's fun to find new favorite foods!

Write the name of the food you tried and then circle the faces below to tell us how you feel about it.

The food I tried: Green Beans

List one word to describe the food I tried:

Oven Roasted
in Coconut Oil:



Sauteed
with Garlic:



Steamed
Green Beans:

