

GREEN BEANS

Storage

- Store unwashed in a perforated plastic bag in the refrigerator
- Best when eaten within a week

Culinary Tips

- To prepare, break off the top of the bean at the stem end
- Best when blanched or steam for 5-10 min
- Beans are done when the color begins to brighten & become tender (not soft or mushy)
- If you serving the beans cold in a salad, cook them less so they stay crisp
- Flavor with butter, lemon juice, sauted onions, or herbed vinaigrette

Roasted Green Beans

2 Tbs. Olive oil

1 lb. fresh whole beans, trimmed

1 cup thinly sliced leeks or onions

10 to 12 medium cloves garlic

Salt and pepper

1 to 2 Tbs. Balsamic or red wine vinegar

1 cup lightly toasted pine nuts

Preheat oven to 400 degrees. Brush a large baking tray with 2 Tbs. Olive oil. Spread the green beans, onions, and garlic cloves on the tray and sprinkle with salt and pepper. Bake for 20 minutes, intermittently stirring or shaking the tray. Cook until tender. Transfer to a bowl and drizzle with vinegar.