

Recipes... GREEN BEANS



NOTES & TIPS: Keep green beans dry in a perforated plastic bag in the refrigerator. They should stay fresh for 4 to 5 days. Wash beans thoroughly in clear, cool water. Beans can be cooked whole, cut crosswise or diagonally, or French-cut (i.e., cut along the length of the bean). If you want sweet tasting, crisp fresh beans cut them as little as possible.

BALSAMIC GREEN BEAN SALAD

1 pound fresh green beans, trimmed
2 tablespoons chopped shallots
2 tablespoons chopped garlic
1/4 cup balsamic vinegar
1/4 cup olive oil

Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes. Drain, and let cool.

In a bowl, stir together shallots, garlic, balsamic vinegar, and oil. Pour over green beans. Cover, and refrigerate at least 1 hour. Serve cold.

AIRPORT BOB'S GREEN BEANS

6 thick slices bacon, cut into 1 inch pieces
1 (16 ounce) package frozen cut green beans
1/4 cup butter
1/4 cup packed brown sugar

Fry the bacon in a large skillet over medium heat until done, but not quite crisp, about 9 minutes. Drain off grease and add butter and brown sugar. Cook and stir over medium heat until sugar has dissolved; remove from the heat and set aside.

Place the green beans into a pot and fill with about 1 inch of water. Bring to a boil then cover, and steam over medium heat until cooked through, about 5 minutes. Drain off water and stir in the sugar and bacon mixture. Serve immediately.

FRIED GREEN BEANS

2 tablespoons extra virgin olive oil
1 tablespoon butter
2 tablespoons fresh lemon juice
2 cups diagonally sliced fresh green beans
1 teaspoon lemon zest
1 pinch garlic salt to taste
1 pinch ground black pepper to taste

Heat the olive oil, butter and lemon juice in a skillet over medium-high heat. Add the green beans, lemon zest, garlic salt and pepper. Cook and stir for about 10 minutes, or until beans are tender, but still a little crunchy.

FINNISH SUMMER SOUP

2 cups water
5 small potatoes, peeled and halved
1 teaspoon salt
1/8 teaspoon ground black pepper

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2 tablespoons butter
6 cups green onions, cut into 3 inch lengths
12 baby carrots
1 1/2 pounds fresh green beans, cut into 1-inch lengths
2 cups fresh shelled green peas
2 cups half-and-half
3 tablespoons all-purpose flour

Heat water to boiling in a medium pot; add potatoes. Reduce heat and simmer until potatoes are tender, approximately 15 to 20 minutes.

Add salt, pepper, butter, onions, carrots and green beans; simmer until tender then add peas. In a small bowl, stir together half-and-half and flour until smooth; stir into the simmering vegetables. Cook, stirring constantly until the soup is slightly thickened. Serve immediately.

GREEN BEAN & POTATO SALAD

3/4 pound red potatoes
1/2 pound fresh green beans, trimmed and snapped
2 tablespoons chopped fresh basil
1/2 small red onion, chopped
salt and pepper to taste

2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
1/2 clove garlic, minced
1/2 dash Worcestershire sauce
1/4 cup extra virgin olive oil

Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside. In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

QUICK ZESTY GREEN BEANS

1 pound fresh string beans, stem ends removed
1 tablespoon canola oil
1 teaspoon OLD BAY® Blackened Seasoning
1/3 cup pecan pieces
Salt, to taste

Bring a large pot of water to a boil.

Add green beans, return to a boil and cook 1 minute; the beans should still be crisp. Drain the beans; don't rinse. In a large skillet or wok, add oil. Heat until very hot (the skillet is ready when a drop of water in the oil sizzles). Add beans and cook about 1 minute, turning often with tongs or spatula. Sprinkle on pecans and Old Bay. Turn the beans and pecans to coat with oil and spices; cook about 2 minutes more, or until beans and nuts are slightly browned. Salt to taste and serve.

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SPICY GREEN BEANS

1 tablespoon extra-virgin olive oil
1/2 shallot, minced
1/2 jalapeno pepper, seeded and minced
8 ounces fresh green beans, cut into 2 inch pieces
1/2 teaspoon salt
1 tablespoon lemon juice

Heat the olive oil in a large skillet set over medium-high heat. Add the shallot and jalapeno; cook and stir until tender, about 5 minutes. Add green beans and season with salt. Cook and stir until tender but still bright green, 4 to 5 minutes. Reduce heat and stir in lemon juice to loosen any bits from the bottom of the pan. Serve immediately.

EASY GARDEN GREEN BEANS

1 pound fresh green beans, trimmed
3 tablespoons olive oil
3 cloves garlic, sliced
1 pinch salt
1 pinch ground black pepper
2 tablespoons white wine vinegar
3 tablespoons freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley

Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans, and steam to your desired degree of tenderness, or about 5 minutes.

Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar, and Parmesan cheese. Let stand for 10 minutes. Remove garlic slices and garnish with parsley before serving.

GREEN BEAN FRIES

oil for frying
1 pound fresh green beans, trimmed
1/2 cup water
1 egg
1/2 cup milk
2 cups seasoned bread crumbs
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 cup all-purpose flour

Heat the oil in a deep fryer or electric skillet to 375 degrees F (190 degrees C).

Combine the green beans and water in a saucepan. Cover and bring to a boil. Cook until the beans are bright green, about 4 minutes. Drain and transfer to a bowl. Cover with cold water and set aside. In one bowl, whisk the egg and milk together. In a separate bowl, mix together the bread crumbs, chili powder, garlic powder, and onion powder. Drain the green beans and toss with flour to coat, shaking off the excess. Dip the beans into the egg mixture and then into the bread crumbs, coating thoroughly.

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Fry beans in batches so they are not touching. Cook until golden brown and crispy, about 2 minutes. Drain on paper towels.

PESTO PASTA WITH GREEN BEANS & POTATOES

1/2 pound dry penne pasta
4 red potatoes, cut into 1/4 inch slices
1/4 pound fresh green beans, cut into 2 inch pieces
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/2 cup plain yogurt
1/3 cup pesto
1/4 cup grated Parmesan cheese

Bring a large pot of lightly salted water to a boil, and cook the penne pasta for 8 to 10 minutes, until al dente. Remove from heat, drain, and return to the pot.

Bring a medium saucepan of water to a boil, and cook the potatoes about 7 minutes. Place the green beans in the saucepan with the potatoes. Continue cooking about 3 minutes. Drain the partially cooked potatoes and green beans, and set aside.

Heat the olive oil in a large skillet over medium heat, and saute the garlic about 1 minute. Stir in the potatoes and green beans. Season with salt and pepper. Cook and stir until potatoes and beans are tender and lightly browned.

Toss the potato mixture into the pot with the drained pasta. Mix in the yogurt, pesto, and Parmesan cheese. Reserve a little Parmesan to sprinkle on top when serving.

CRISPY PICKLED GREEN BEANS

2 1/2 pounds fresh green beans
2 1/2 cups distilled white vinegar
2 cups water
1/4 cup salt
1 clove garlic, peeled
1 bunch fresh dill weed
3/4 teaspoon red pepper flakes (optional)

Sterilize 6 (1/2 pint) jars with rings and lids and keep hot. Trim green beans to 1/4 inch shorter than your jars. In a large saucepan, stir together the vinegar, water and salt. Add garlic and bring to a rolling boil over high heat. In each jar, place 1 sprig of dill and 1/8 teaspoon of red pepper flakes. Pack green beans into the jars so they are standing on their ends.

Ladle the boiling brine into the jars, filling to within 1/4 inch of the tops. Discard garlic. Seal jars with lids and rings.

Place in a hot water bath so they are covered by 1 inch of water. Simmer but do not boil for 10 minutes to process. Cool to room temperature. Test jars for a good seal by pressing on the center of the lid. It should not move. Refrigerate any jars that do not seal properly. Let pickles ferment for 2 to 3 weeks before eating.

CREAMY GREEN BEANS

1 pound green beans, trimmed and cut into 1-inch pieces
3 tablespoons reduced-fat mayonnaise

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2 teaspoons Dijon mustard
1/8 teaspoon salt

Place beans in a steamer basket and steam over 2 inches of boiling water until tender, 5 to 7 minutes. Whisk mayonnaise, mustard and salt in a medium bowl. Add the beans; toss to coat.

GREEN BEAN CASSEROLE

Onion Topping:

1/2 teaspoon canola oil
1 large onion, thinly sliced
1/2 cup fresh breadcrumbs

Sauce & Green Beans:

2 cups skim milk
6 black peppercorns
1 bay leaf
Pinch grated nutmeg
1/2 teaspoon canola oil
1 small onion, finely chopped
1/2 pound mushrooms, trimmed and sliced (3 cups)
1 clove garlic, finely chopped
1/4 cup all-purpose flour
1/4 cup reduced-fat sour cream
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 pound green beans (2 cups)

To make onion topping: Heat oil in a large nonstick skillet over low heat. Add sliced onion and cook, stirring occasionally, until very tender and golden, about 30 minutes. Set aside.

Meanwhile, preheat oven to 350 degrees F. Spread breadcrumbs on a baking sheet and toast, stirring once, until lightly browned, 5 to 10 minutes. Set aside.

To make sauce: Combine milk, peppercorns, bay leaf and nutmeg in a medium saucepan and heat over low until steaming. Remove from heat, let stand for 5 minutes and strain into a measuring cup. (Discard peppercorns and bay leaf.)

Meanwhile, heat oil in a large saucepan over medium heat. Add chopped onion and cook, stirring often, until golden, 3 to 4 minutes. Add mushrooms and garlic and cook, stirring, until tender, 3 to 4 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Slowly pour in the milk, whisking constantly. Bring to a boil, stirring. Reduce heat to low and cook, stirring, until thickened, about 1 minute. Remove from heat. Whisk in sour cream, salt and pepper.

To assemble and bake casserole: Preheat oven to 425 degrees F. Spread green beans evenly over the bottom of a shallow 2-quart baking dish and pour the sauce over the top. Toss together the reserved onions and breadcrumbs in a small bowl and spread over the beans. Bake until bubbling, 15 to 25 minutes.