



Garlic Chili Lemon Green Beans

Cooking time: 10 minutes

Serves 4

Prep time: 5 minutes

Total time: 15 minutes

Ingredients

- 1 pound green beans
- 2 lemons or limes
- 3 cloves of garlic, minced into very small pieces
- 1/2 teaspoon chili flakes (optional)
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon sea salt, or to your taste

Cut stem tips off of green beans. Either steam or blanch green beans.

To steam: place a steamer basket in a pot with 1 inch of simmering water at the bottom. Add green beans, cover, and let steam for 3-5 minutes, until beans are softened but still crunchy.

To blanch: place green beans into a pot of boiling water. Remove after 1-2 minutes, when they have turned bright green and are softened but still crunchy.

Grate the yellow (or green) skin off of the lemons or limes using the smallest circular holes on a cheese grater, making sure to avoid the white part underneath, which is bitter. Set the yellow or green zest aside.

Heat the oil in a skillet over medium heat. Add the garlic (and chili flakes, if using), and let cook for a few seconds. Add the green beans and salt, tossing to coat them with the oil. Turn off the heat, add the lemon zest, and toss again. Serve and enjoy!



Green Bean Superpowers

Super vision! – high in vitamin A

Super healthy heart! – high in folate

Super immunity! – high in vitamin C

Super strong bones! – high in vitamin K

Tips and Tricks

- Green beans are also delicious sautéed with garlic and shoyu
- Extra virgin olive oil can be bought in bulk for a lower cost at Costco
- All of these ingredients can be found at Tamura's