Dilly Beans
From – Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce

1 ½ cups water
2 cups green beans
2 Tbsp chopped fresh dill
2 large garlic cloves, pressed
¼ tsp red pepper flakes
1/3 cup cider vinegar
½ tsp sugar or honey
1 tsp vegetable oil (optional)

• Bring water to a boil in a small pot then add beans and cook for 3-5 minutes.
• Drain when beans are still bright green and just tender.
• Stir dill into warm beans.
• Combine garlic, red pepper flakes, vinegar and sugar or honey in a saucepan and quickly bring to a boil then simmer 2 minutes.
• Pour dressing over beans and mix well.
• Add oil if desired.
• Serve hot or chilled 20 minutes.