Green Beans with Lemon and Garlic
From – www.foodnetwork.com

2 lb green beans, ends trimmed  
1 Tbsp extra-virgin olive oil  
3 Tbsp butter  
2 garlic cloves, minced  
1 tsp red pepper flakes  
1 Tbsp lemon zest  
Salt and freshly ground black pepper

- Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.  
- Heat a large heavy skillet over medium heat.  
- Add the oil and the butter.  
- Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds.  
- Add the beans and continue to saute until coated in the butter and heated through, about 5 minutes.  
- Add lemon zest and season with salt and pepper.

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