

SAUTÉED GREEN BEANS WITH LEMON AND GARLIC

INGREDIENTS

Green beans / Haricot Verts or
French green beans
Lemon peel
1 Garlic, sliced
Fresh chicken stock, unsalted
Salt to taste

DIRECTIONS

1. In a sauté pan, cook the garlic and lemon peel until fragrant. About 1 minute.
2. Add string beans. Cook for 1 minute.
3. Add 3 tablespoons of chicken stock. Cook for 3-5 minutes.
4. Add a sprinkle of salt.
5. Taste for flavor and texture. For families who like a little crunch, take the vegetables off the heat and on to a plate about 1 minute before it's fully done to keep them crisp.