

Crispy Baked Parmesan Green Bean Fries

4 cups Fresh Green Beans
1/4 cup Parmesan cheese, grated
1/2 tsp Garlic powder
1/4 tsp Salt (or to taste)
1/8 tsp Pepper (or to taste)

- Preheat oven to 425 degrees. Line a baking sheet with foil, and spray with non-stick cooking spray.
- Place beans on baking pan, spreading out evenly. Sprinkle seasonings and parmesan cheese evenly over green beans.
- Bake for 10-15 minutes, or until golden brown and crispy! (To make them extra crispy, broil them for 1-2 minutes before pulling them out). Serve with dipping sauce of choice.

Refrigerator Pickled Green Beans: Makes 1 pint jar

5 oz. green or wax beans
1 clove garlic, peeled and quartered
1/2 tsp. coriander seeds
1 small dried Chile
1/8 tsp. black peppercorns
1 bay leaf
1 cup cider vinegar
1/2 cup white wine
1 Tbsp. sugar
1 tsp. salt

--Arrange the beans vertically in a pint jar to see how many fit. Remove the beans and trim them to fit lengthwise in the jar, leaving at least 1/2 inch empty space at top of the jar. Arrange the trimmed beans in the jar.
-- Stuff the garlic, coriander seeds, Chile, peppercorns, and bay leaf around beans.
-- Bring the vinegar, wine, sugar, and salt to a boil and boil for 2 minutes. Pour the mixture over the beans. Screw on the lid and let the jar sit until cooled to room temperature. Refrigerate for 2 days or up to 6 months before eating.

Spicy Tamari-Ginger Green Beans

1 pound fresh slender green beans, ends snapped
1 large red bell pepper sliced into thin strips
10 to 16 mushrooms (4 to 6 oz), sliced thin
2 tbsp Frank's Red Hot sauce (or other hot sauce)
1 tbsp Extra Virgin Olive Oil
1 tbsp tamari (wheat-free soy sauce)
1/2 tsp dark sesame oil (optional)
~3/4" piece fresh ginger, peeled and minced
1~2 garlic cloves, peeled and crushed
1~2 tbsp toasted sesame seeds (optional)

-Snap green beans, slice pepper and mushroom. Combine the remaining ingredients, except for the sesame seeds, in a small prep bowl and whisk to mix well. Heat pan/wok on medium heat, pour in sauce and cook a minute until it starts to thicken at edges.
- Toss in beans and cook about 4 minutes – until the beans warm through but not soft.
- Toss in the peppers and mushrooms and continue to sauté. Cook an additional 3 minutes or so until the mushrooms just soften and everything else is heated through but still crisp.
- Transfer to large bowl
-Sprinkle with sesame seeds, but don't use too much as you already have sesame oil in the recipe

Roasted Green Beans with Mushrooms, Balsamic, and Parmesan

8 oz. mushrooms, sliced in 1/2 inch slices
1 lb. fresh green beans
1 1/2 T olive oil
1 T balsamic vinegar
salt and fresh ground black pepper to taste
2 T finely grated parmesan cheese

Preheat oven to 450F/230C. Toss all ingredients together. Spread out in a thin layer on a cookie sheet. Roast 20-30 minutes.

Lemon Parmesan Green Beans

1 pound green beans, trimmed
2 tablespoons unsalted butter
2 cloves garlic, minced
Kosher salt and freshly ground black pepper, to taste
2 tablespoons freshly squeezed lemon juice
1/4 cup freshly grated Parmesan cheese
Zest of 1 lemon

1. Blanch green beans about 2 minutes. Cool in a bowl of ice water. Drain well and set aside.
2. Melt butter in a large skillet over medium high heat. Add garlic, and cook, stirring frequently, until fragrant, about 1 minute. Stir in green beans until tender-crisp and browned, about 3-4 minutes; season with salt and pepper, to taste. Stir in lemon juice.
3. Serve immediately, garnished with Parmesan and lemon zest, if desired.

Honey Mustard Green Beans

1. 12 ounces green beans, trimmed
2. 2 teaspoons extra virgin olive oil
3. Kosher salt and freshly ground black pepper
4. 1 tablespoon minced shallots
5. 1 tablespoon whole grain Dijon mustard
6. 1 tablespoon honey
7. 2 teaspoons red wine vinegar
8. Chopped fresh parsley, for garnish (optional)

Preheat the oven to 425°F. Line a baking sheet with foil and spread the green beans on top. Drizzle with the olive oil and toss to coat. Season with a big pinch of salt and pepper. Roast the green beans until they are bright green and tender crisp, and just barely starting to char in spots, 12 to 15 minutes.

Meanwhile, in a small bowl, stir together the shallots, mustard, honey, and vinegar.

Toss the hot green beans with the honey-mustard mixture and transfer to a serving dish. Sprinkle with the parsley (if using) and serve.

Chinese Green Beans

1lb fresh green beans (washed with strings removed and ends trimmed)
1 teaspoon fresh ginger root (minced)
1 garlic clove (minced)
2 tablespoons water
1 tablespoon soy sauce
1 teaspoon cornstarch
1/2 teaspoon brown sugar
1/2 teaspoon sesame oil
1/4 teaspoon crushed red pepper flakes
vegetable oil (for frying)

Place beans into a vegetable steamer and place over boiling water. Cover and steam for 5 minutes. When finished drain and dump beans into cold water and drain once again. Add oil to the wok and add garlic and ginger and sauté for 30 seconds. Add beans and sauté for about 5 minutes. Combine 2 tablespoons of water with cornstarch, soy sauce, brown sugar, red pepper flakes and sesame oil and mix well. Add mixture to beans and stir fry for 30 seconds to a minute.

