

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.



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