

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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