

Grilled Balsamic Beans and Peppers

From – *eatingwell.com*

2 Tbsp olive oil
2 tsp Dijon mustard
2 tsp pure maple syrup
2 cloves garlic-minced
1/2 teaspoon salt
12 ounces green and/or yellow beans
2 bell peppers, thinly sliced lengthwise
1/3 cup toasted pine nuts
2 Tbsp balsamic vinegar

- Mix oil, mustard, maple syrup, garlic and salt in a large bowl.
- Add beans and peppers then toss.
- To prepare packets for grilling, start with eight 24-inch-long pieces of foil. Layer two sheets for each of four packets. Arrange the ingredients on one half of each double layer. Fold the foil over the ingredients and tightly seal the packets by crimping and folding the edges together.
- Grill over medium heat for 10 to 12 minutes, rotating the packets to another spot on the grill about halfway through to ensure even cooking.
- Let packets rest unopened for 5 minutes. Drizzle the vegetables with vinegar just before serving.



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