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(RECIPE#8)

QUICK and EASY GREEN BEANS

COST FOR 4: \$1.12

Hands-on: 6 min. Total: 6 min.

Here's a fast, efficient way to cook green beans (and other vegetables), eliminating the fuss of bringing a large pot of water to a boil or draining the veggies.





12 ounces trimmed green beans



1/4 cup water



1 tablespoon butter or olive oil



1/4 teaspoon salt



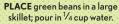
1/4 teaspoon black pepper

TRY THESE THREE RIFFS

- Try this technique with cut asparagus, broccoli or cauliflower florets; thinly sliced zucchini or yellow squash; or quartered radishes.
- 2. You can also try with carrot chunks, butternut squash cubes, or halved Brussels sprouts; just double the cook time and add more water if the pan dries out.
- 3. Cook tender leafy greens (spinach, baby kale, Swiss chard, or mustard greens) this way; just use a Dutch oven or other large pot with a lid.









BRING to a boil over high heat. As soon as water comes to a boil, cover pan and cook 3 minutes.



uncover pan, and stir in butter. Cook 1 minute or until water evaporates and beans are crisp-tender.

