

SAUTÉED GREEN BEANS WITH ALMONDS AND HERBS

- 2 cups trimmed Blue Lake green beans
- 1 ½ tablespoons extra virgin olive oil or butter
- 3 cloves garlic, slivered thinly
- 1/3 cup water
- ¼ cup almonds, slivered
- 3 tablespoons fresh herbs, minced
- Sea salt, to taste

Trim the green beans by snapping off the stem end. Wash the beans in cold water, strain them, and set them aside. Heat a skillet at a medium heat and add the slivered almonds. Stir until lightly toasted and set aside. Clean the skillet, add the olive oil, and heat it until it is hot, but not smoking. Add the garlic, cooking until golden (1 minute), then add the beans and toss lightly for 2 minutes. Add 1/3 cup water, raise your heat to high, and cover the beans with a lid. Cook for 5 minutes. Remove the lid, and allow the water to evaporate (2-3 minutes). Remove from the heat, sprinkle with sea salt (about ½ teaspoon), almonds, herbs, and toss gently. Serve hot or at room temperature.

The San Francisco Public Library in partnership with
The Heart of the City Farmer's Market presents



BIBLIO BISTRO

FOOD EDUCATION AT THE LIBRARY

TODAY'S FEATURED INGREDIENT:

GREEN BEANS



FRIENDS *of the*
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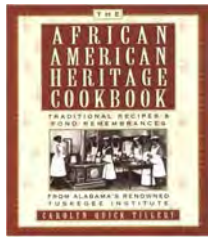
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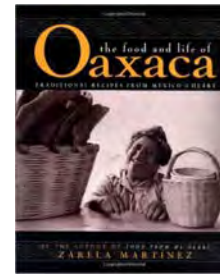
The African-American Heritage Cookbook



Essential Pepin



Everyday Cooking From Italy



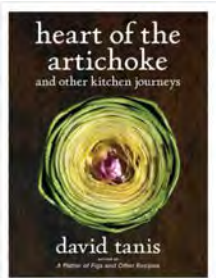
The Food and Life of Oaxaca



French Classics Made Easy



Fresh From the Garden



Heart of the Artichoke and Other Kitchen Journeys



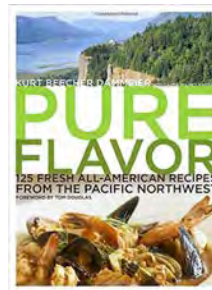
Lidia's Italy



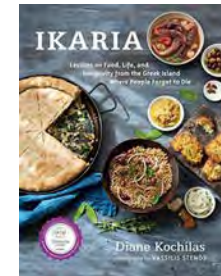
New German Cooking



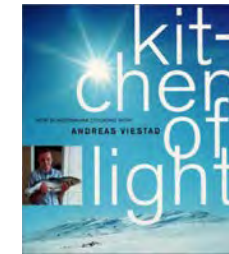
New Persian Cooking



Pure Flavor



Ikaria



Kitchen of Light



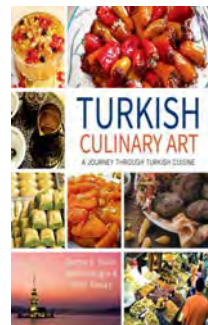
Cairo Kitchen



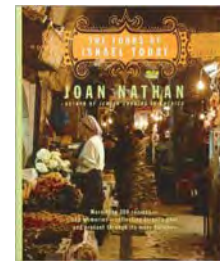
La Cocina De Mama



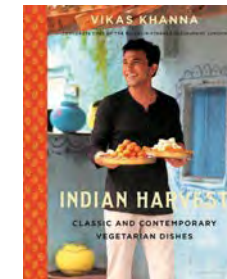
Harumi's Japanese Cooking



Turkish Culinary Art



The Foods of Israel Today



Indian Harvest



The Everyday Wok Cookbook

Green Beans—string, snap or Haricot Verts—are a versatile vegetable, excellent in soups, stews, salads, and as a side dish.

This list will guide you through a myriad of preparations and hopefully inspire you to explore their possibilities further.

It is one of our featured ingredients in SFPL's Biblio Bistro programming at the Heart of the City Farmers' Market, every 3rd Wednesday of the month (weather permitting).