**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.
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).