



# Simply Stir Fried Green Beans

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## DIRECTIONS

- Harvest: Green Beans (summer/fall), Kale, Collard, Broccolini (winter), Chard, Peas, or Pea or Fava Shoots (spring)
  - 12 Servings
- Supplies:
  - Induction cooktop and large skillet or electric cooktop skillet (minimum 10 quart capacity)
  - Cutting board & Knives
  - Kitchen towels
  - Measuring cups
  - Mixing bowls
  - Plates, forks and napkins for serving
- Ingredients:
  - 5 lbs Green Beans or any fresh snap bean (like golden wax bean or dragon's tongue beans), tough stem ends trimmed
  - ¼ Cup Olive oil
  - 6 Cloves Garlic, minced
  - Salt, to taste
- Directions
  - Heat oil in a large skillet over medium-high heat. Add green beans and cook, stirring often while the beans brown in some areas, 5 to 7 minutes. Turn down to medium low, add garlic and salt and cook, stirring constantly until the garlic is fragrant and browning, about a minute. Add a light splash of water and immediately cover. Cook covered until the beans are bright green and crisp tender, 1 to 2 minutes. Serve immediately.
- Notes
  - This recipe is a great way to taste many different garden greens.

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*Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.*

