Green Beans with Garlic & Olive Oil

Meredith Rapp, a family friend from way back



Easy beans

2 pounds green beans, trimmed, left whole

8 cloves garlic, fresh

2 tsp. kosher salt, fine grind, or salt of your choice

1/2 cup extra virgin olive oil

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

1. Steam the green beans until just barely tender, but still with a little bit of bite. Drain and set aside.
2. Meanwhile, on a large cutting board, peel the garlic cloves and mash with the side of a large chef's knife. Sprinkle the salt on top of the garlic and using the chef's knife chop and mash some more. Allow this mixture to sit for just a few minutes.
3. Then, in a very large skillet, heat the olive oil, then plop this garlic/salt mixture into the pan and allow to cook briefly. Do not brown the garlic at all. When it's sizzled just a bit, throw in ALL the beans and stir (lift and turn) the green beans so all of them are liberally coated with oil. Cook briefly until you're satisfied the garlic is mostly cooked and the beans are hot and cooked to your satisfaction. Serve. May be be served hot or room temperature.

Per Serving (excluding unknown items): 155 Calories; 14g Fat (75.2% calories from fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 477mg Sodium. Exchanges: 1 1/2 Vegetable; 2 1/2 Fat.