

# WTF

## DO I DO WITH 4Earth Farms™ Organic Green Beans ?

{ what the fork }



### GREEN BEANS WITH GARLIC AND MISO

#### INGREDIENTS

**1½ lbs** 4Earth Farms™ Organic Green Beans, trimmed  
**3** garlic cloves, finely chopped  
**3 tbsp** fresh lime juice  
**3 tbsp** miso  
**3 tbsp** agave nectar  
**2 tbsp** olive oil  
Pinch of crushed red pepper flakes  
Cilantro, coarsely chopped for garnish  
Sea salt and pepper, to taste

**Prep Time:** 5 mins

**Cook Time:** 15 mins

**Servings:** 6

#### DIRECTIONS

- 1** In a small bowl, combine garlic, lime juice, miso, and agave nectar. Set aside.
- 2** In a large skillet, heat olive oil over medium-high heat. Add green beans and cook undisturbed for about 2 minutes until beginning to blister.
- 3** Toss and cook for 8–12 minutes, tossing often until tender and blistered.
- 4** Remove from heat, add garlic mixture, and toss. Coat evenly. Add red pepper flakes and season with salt and pepper.
- 5** Transfer to a platter and garnish with cilantro. Enjoy!

To learn more about 4Earth Farms™, visit [www.4earthfarms.com](http://www.4earthfarms.com)

