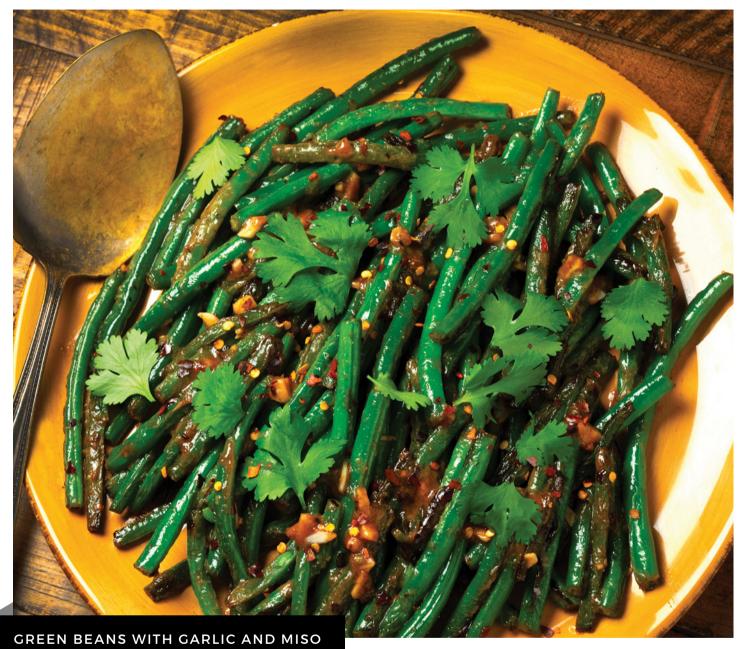
WTF DOIDOWITH Organic Green Beans? { what the fork }



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

- 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.
- $\frac{3}{5}$ 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*