

*Home Cook Division, Side Dish Category*

**Fava Beans and Spring Garlic**

*Mary Choate, Arvada, CO*

Servings: 2

Ingredients:

1 pound unshelled fresh fava beans (about 1 cup shelled)  
4 heads fresh spring garlic (spring garlic is picked between when it greens up and mid-June)  
1 Tablespoon fresh chopped rosemary  
Pepper, to taste  
2 Tablespoons extra virgin olive oil

Instructions:

Preheat oven to 350°F.

Remove the fava beans from their pods, but do not remove their skins (unless you are allergic to them). The skins are one of the more nutritious parts of the bean.

Slice the garlic heads in half lengthways, and set in the bottom of a baking dish. Spread the fava beans around the garlic in one layer.

Sprinkle with the rosemary and pepper. Drizzle with the olive oil.

Cover and bake until the garlic and favas are tender and start to caramelize, about 30 minutes.

Serve immediately.

Wine Pairing:

Colorado cherry cider or Colorado Pinot Gris