



FarmFresh

Recipes

July 2018

Available Now...

Green Beans

Whether you call them green beans, string beans or snap beans, this popular vegetable is versatile, and colorful. Bean pods can actually be green, yellow, purple or red speckled.



Tips & Nutrition

Choose fresh, well colored beans that snap when easily bent. Refrigerate green beans in a plastic bag and use within one week of purchase. Green beans are a good source of fiber and vitamin C and are fat free and sodium free.



Fresh Inspirations...

Warm Green Bean Salad

Ingredients

- 6 Slices Thick Cut Applewood Bacon, cut into 1/2" wide strips
- 1/2 Cup Shallot, peeled and sliced thin
- 1-1/4 Lbs. Green Beans, trimmed
- 2 Tbsp. Cider Vinegar
- 2 Tbsp. Apple Cider
- 1/2 Tsp. Fresh Thyme, pulled, no stems
- All Purpose Seasoning to taste

Directions

Cook the green beans in boiling water for 2-3 minutes or until they become bright green. Remove from the boiling water, place into a colander and run under cold water to cool completely, then drain excess water. Heat a large sauté pan to medium heat. Add the bacon and cook over medium heat for 3-4 minutes or until the bacon fat starts to render. Add the shallots and cook until the bacon starts to caramelize and becomes golden brown. Add the green beans and sauté until tender and hot, approximately 4-5 minutes. Add the vinegar and cider and deglaze the pan. Stir the green beans until they start to coat with the cider/vinegar reduction. Turn off the heat and season to taste. Remove from the pan and serve warm.

Enjoy with a glass of Colorado wine such as Syrah from Guy Drew Vineyards in Cortez, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Peaches