



Blistered Green Beans

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1 lb Green Beans
1 tablespoon O&V [Unflavored EVOO](#) *
¼ teaspoon crushed red pepper flakes
2 cloves minced garlic
2 tablespoons O&V [Bronze Balsamic](#) *
Salt and pepper to taste

Preparation

On medium heat add EVOO into a skillet. When hot, add in green beans, salt and pepper and cook until blistered and slightly browned in spots

Add the minced garlic, red pepper flakes and cook until fragrant.

Keep the heat on medium. Add the aged balsamic, let it coat the green beans for 1 minute, and serve.

Serves 4

Active time 15 minutes Total Time: 15 minutes

Notes

* A simple [Unflavored EVOO](#) and [Bronze Balsamic vinegar](#) make this dish delicious and easy. You can substitute with your favorite, high quality EVOO and Balsamic vinegar. Just ensure that your vinegar is a true balsamic without any caramel or other additives.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Soups and Sides, Gluten Free, Dairy Free, Blistered Green Beans, Bronze Balsamic, Aged Balsamic, Unflavored EVOO, Plant Based, Mediterranean Diet, Vegetarian, Vegan