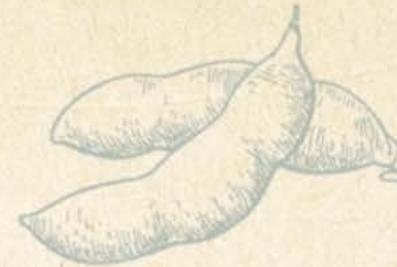
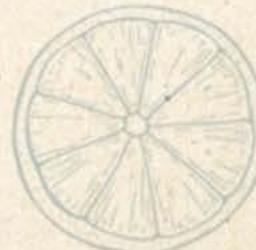


FR. FRANK'S GREEN BEAN GREMOLATA

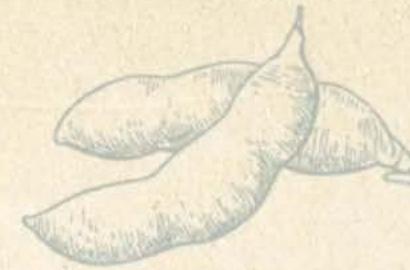


Instructions:

1. Bring a large pot of water to a boil. Add the green beans and blanch them for 2 to 3 minutes, until tender but still crisp. Drain the beans in a colander and immediately put them into a bowl of ice water to stop the cooking and preserve their bright green color.
2. For the gremolata, toss the garlic, lemon zest, parsley, parmesan, and pine nuts in a small bowl and set aside.
3. When ready to serve, heat the olive oil in a large saute pan over medium-high heat. Drain the beans and pat them dry. Add the beans to the pan and saute, turning frequently, for 2 minutes, until coated with olive oil and heated through. Off the heat, add the gremolata and toss well. Sprinkle with salt and pepper and serve hot.



FR. FRANK'S GREEN BEAN GREMOLATA



Ingredients:

- ♦ 1 pound French green beans, trimmed
- ♦ 2 teaspoons minced garlic (2 cloves)
- ♦ 1 tablespoon grated lemon zest (2 lemons)
- ♦ 3 tablespoons minced fresh flat-leaf parsley
- ♦ 3 tablespoons freshly grated Parmesan cheese
- ♦ 2 tablespoons toasted pine nuts
- ♦ 2 ½ tablespoons good olive oil
- ♦ Kosher salt and freshly ground black pepper

