

*GREEN BEANS
WITH OLIVE OIL AND GARLIC*

Serves 4

1 lb fresh green beans
2 tablespoons olive oil (extra virgin, first cold pressed, and organic)
2 cloves garlic, finely minced
Juice and zest of 1 fresh lemon
Celtic sea salt to taste
2 quarts of water

Bring 2 quarts of water to boil. Drop beans into boiling water for 5 to 7 minutes. Drain the beans and toss them with the olive oil, garlic and salt.

Peel the lemon in 4 strips of yellow zest. Squeeze the juice of the lemon on the beans, add the zest on top and let them sit covered for 1 hour before to serve.