

Kid Friendly Recipe for October...

Oven Roasted Green Beans-Serves 6

- 1 ½ pounds green beans
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper



Directions:

Preheat the oven to 425 degrees F. Trim the ends of the green beans and add to a large bowl. Toss with the extra virgin olive oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized (lightly browned) and tender but still crisp, about 12 to 15 minutes.

Adapted from: www.foodnetwork.com

Adult Friendly Recipe for October...

Lemon Dill Green Beans- Serves 4

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Directions:

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.

Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Adapted from: www.eatingwell.com