

LYNCHBURG

is for 

LOCAVORES



COOKING DEMONSTRATION WITH JEANELL SMITH

ALL RECIPES ARE BY JEANELL SMITH

Green Beans

Balsamic Green Beans

Serves 8-10 **In a large pot:**

Ingredients:

2 pounds green beans, washed & trimmed

½ large onion, thinly sliced

1 Tablespoon evoo or oil of choice

½ Cup balsamic vinegar

1 Tablespoon brown sugar

3 Tablespoons butter

½ Cup toasted almonds

Salt & pepper to taste

1. In boiling water, blanch green beans for 3 – 4 minutes, until crisp-tender.

2. Drain then plunge into ice water to stop the cooking process, drain & set aside.

In a large skillet:

3. Heat to medium, add oil & onions & sauté until translucent.

4. Add vinegar & sugar & cook while stirring for 5 minutes, fold in butter.

5. Add beans and sauté for 5 minutes or until heated and coated.

6. Salt & pepper to taste then garnish with toasted almonds.

MORE RECIPES ON THE BACK! 

Roasted Green Beans

Serves 8-10

Ingredients:

- 2 pounds green beans, washed & trimmed
- 2 Tablespoon evoo or oil of choice
- 1 teaspoon kosher salt
- ½ teaspoon fresh ground pepper

1. Preheat oven to 425 F.
2. Place green beans on cookie sheet.
3. Drizzle with oil, toss well with your hands then spread in a single layer.
4. Season with salt & pepper.
5. Roast for 20 – 25 minutes, turning after 15 minutes, until desired doneness.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS
TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: WATERMELON!



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