

ROASTED FARM FRESH BEANS

Assorted Fresh Beans (Green, Yellow, Speciality Heirloom)

"*GREAT LAKES*" Seasoning (From the Spice Merchant)

1 TBLSP Olive Oil

Steam for three minutes. Add oil to sauté pan and heat on medium. Toss in steamed beans and stir with spatula for another 3-5 minutes. Turn off heat and sprinkle on seasoning to taste and stir to evenly coat. Place beans on a serving plate and garnish with your choice of fresh herbs or micro-greens before serving.

Toss beans with oil, lay out on baking sheet, season and bake at 350 degrees for 15-20 minutes. Toss with spatula half-way through for even cooking.

Garnish with fresh herbs or microgreens before serving.