Sauteed Green Beans

Ingredients

1 lb of fresh green beans or yellow wax beans, washed and trimmed
1 pint cherry tomatoes
3 cloves of garlic, minced
1 tsp black pepper
1 tsp kosher salt
1 tsp ground coriander
1 lemon, zested and juiced
1/3 cup tahini
2 oz feta, crumbled
2 T olive oil
1/4 cup water

Method

Heat a skillet on medium high heat with 1 tablespoon of olive oil and cook the tomatoes until they brown and pop, season with 1/2 teaspoon salt. Set aside tomatoes and add water to simmer, 1/2 teaspoon of salt and green beans. Cover and cook for 5 minutes or until the beans begin to soften and are bright green. While the beans simmer, mix the tahini with the lemon zest, and juice. Uncover the pot and let the water evaporate. Add the second tablespoon of olive oil and garlic and sauté the beans until just tender, about 3 minutes. The beans should snap in half easily. Add the black pepper and coriander and toast in the pan for 1 minute on medium heat. Make sure beans are evenly coated. Remove from the pot and toss with tomatoes. Season to taste and drizzle with tahini sauce and crumble the feta on top. Serves six (6).

Recipe by Garden Chef Jacob Rich

ATLANTA BOTANICAL GARDEN