

Maine Arts Camp

Summer 2013

Recipe: Fagioli Verdi Pizzaiola *Green Beans Marinara*

Yield: 8 servings

Quantity	Measurement	Ingredient	Preparation
2	pounds	Fresh green beans	Trim ends
1	can	Chopped tomatoes	
2	TBSP	Olive Oil	
6	Large c loves	garlic	minced
4	TBSP	Fresh basil	Finely shredded
	To taste	Kosher salt & crushed red pepper flakes	

1. Wash beans and snap in half or into 2 inch pieces. Blanch in lightly salted boiling water for 2 minutes to soften slightly. Drain well
2. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until softened and fragrant. Carefully add the tomatoes, salt & pepper. Simmer uncovered until the tomatoes start to break down. Add green beans, cover and cook until beans are tender.
3. Taste for seasoning and adjust as needed. Stir in the shredded basil, allow to rest for 2 minutes and serve.

Note: Whenever using fresh herbs, add at the end of the cooking so as not to cook out the flavor. Dried herbs should be added early in the cooking process to extract as much flavor as possible