

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Lemon Pepper Green Beans

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 3 lbs fresh green beans
- 2 tbsp coconut oil or butter
- 2 cloves garlic, minced
- ¼ cup lemon juice
- 2 tsp grated lemon zest
- Sea salt & black pepper to taste

Directions:

- Heat oil in a large skillet over medium heat and stir fry green beans and garlic until crisp-tender.
- Reduce heat, add lemon juice, zest, sea salt and pepper.
- Cover and steam for 2-3 minutes, stirring occasionally.