



YOUNG GREEN BEANS WITH THINLY SLICED APPLE

SUBMITTED BY: BILL HAND

Ingredients:

2 cups very fresh Montana grown string beans (now locally available)

1/2 eating apple (Fuji, Gala, etc.) cored and thinly sliced

1 tsp ground cinnamon

1/8 tsp ground nutmeg

2 tbsp Montana salted melted butter

Instructions:

On the stove steam young green beans covered for about 8 - 10 minutes in a steamer at medium heat. Mix together and microwave the thinly sliced apples with the cinnamon, nutmeg and melted butter at medium to high setting in the microwave for about a minute. In a bowl fold apples in with the green beans. Serve as soon as possible.

