

BLACKENED GREEN BEANS



SERVING SIZE

2



INGREDIENTS

ITEM

Fresh green beans (trimmed, cut into 2-inch pieces)

Oil

Shallot, finely chopped

QUANTITY

8 cups

½ tbsp

⅓ cup

ITEM

Garlic cloves, minced

Blackening seasoning

Lemon (for serving)

QUANTITY

2

2 tsp

Optional



PREPARATION

- Heat oil in a large skillet over medium-high heat.
- Add green beans and cook 4-5 minutes, stirring occasionally, until lightly charred and crisp-tender.
- Add chopped shallot and cook 1-2 minutes until softened.
- Stir in garlic and blackening seasoning. Cook 30-60 seconds until fragrant and evenly coated.
- Remove from heat and serve warm. Squeeze fresh lemon juice over the top if desired.