

Green Beans

Dilly Beans

- 2 pounds trimmed green beans
- 4 heads dill
- 4 cloves garlic
- 1 tsp. cayenne pepper
- 2 ½ cups vinegar
- 2 ½ cups water
- ¼ cup canning salt

Pack beans lengthwise into hot pint jars, leaving ¼ inch head space.

To each jar, add ¼ tsp. cayenne pepper, 1 clove garlic and 1 head dill.

Combine remaining ingredients in a large sauce pot. Bring to a boil. Pour hot liquid over beans, leaving ¼ inch head space. Remove bubbles. Adjust caps.

Process for 10 minutes in boiling water bath.

Yields: 4 pints

Green Beans with Lemon Rind

10 pounds fresh green beans
Wash, drain, string, trim ends and break or cut into pieces.

1 Lemon
Cut yellow peel from lemon into narrow strips: set aside.

Boil beans 5 minutes. Pack hot into hot jars, leaving 1 inch head space. Add 1 or 2 pieces of lemon rind to beans. Cover with boiling water, leaving 1 inch head space. Remove air bubbles. Adjust caps.

Process pints 20 minutes, quarts 25 minutes at 10 pounds pressure.

Yields: 5 quarts

Bean – Mushroom Medley

- 8 ounces fresh green beans cut into 1 in. pieces
- 2 fresh medium carrots, cut crosswise into halves, then into 3/8 in. strips
- 1 medium onion, cut into ¼ in. slices
- 8 ounces fresh mushrooms, cut into ¼ in. slices
- ¼ cup margarine or butter
- 1 tsp. salt
- ¼ tsp. garlic salt
- 1/8 tsp. white pepper

Heat 1 inch water to boiling in 2-quart saucepan. Add beans and carrots. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, until almost tender, about 12 minutes, drain.

Cook and stir onion and mushrooms in margarine in 10 inch skillet over medium heat until almost tender, about 5 minutes, reduce heat. Cover and cook 3 minutes.

Stir in beans, carrots, salt, garlic salt and white pepper. Cover and cook over medium heat 5 minutes.

Green Beans Caesar

- 1 ½ lb. fresh green beans
- 2 tbsp. vegetable oil
- 1 tbsp. vinegar
- 1 tbsp. instant minced onion
- ¼ tsp. salt
- 1 clove garlic, crushed
- 1/8 tsp. pepper
- 2 tbsp. dry bread crumbs
- 2 tbsp. grated Parmesan cheese
- 1 tbsp. margarine or butter, melted
- paprika

Prepare and cook beans, cut into 1 in. pieces.

Toss beans, oil, vinegar, onion, salt, garlic and pepper. Pour into ungreased 1-quart casserole dish. Mix bread crumbs, cheese and margarine, sprinkle over beans. Sprinkle with paprika. Bake 350° uncovered until heated through, 15 to 20 minutes. Serves 4 to 6

Green Bean, New Potato & Ham Salad

- 3 lbs. new potatoes, quartered
- 2/3 cup cold water
- 1 lb. green beans, halved
- 3/4 cup mayonnaise
- 1/3 cup Grey Poupon Spicy Brown Mustard
- 2 tbsp. red wine vinegar
- 2 cups ham cubes
- 1/2 cup chopped green onions
- 1/2 tsp. dried dill (optional)

Place potatoes and water in 3-quart microwavable casserole; cover.

Microwave on HIGH 13 minutes. Stir in beans. Microwave on HIGH 7 to 13 minutes or until potatoes and beans are tender. Drain.

Mix dressing, mustard and vinegar in large bowl. Add potatoes, beans and remaining ingredients. Mix lightly. Refrigerate until ready to serve.

Serves 12

Green Bean & Mozzarella Cheese Salad

- 2 cups fresh green beans, cooked, drained
- 6 plum tomatoes, chopped
- 1 pkg. (8 oz.) Shredded non-fat Mozzarella Cheese
- 1/3 cup chopped fresh basil
- 1/3 cup prepared Reduced Calorie Italian Dressing

Mix beans, tomatoes, cheese and basil in large bowl.

Pour dressing over bean mixture.

Refrigerate at least 1 hour for flavors to blend