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Romano Green Beans with Garlic, Lemon, and Black Pepper

By Lynda Koch
Special to the Pioneer Press
Posted: 08/19
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Sometimes called Italian green beans, the Romano is a flat, broad, meaty bean. In this recipe, the beans are cooked and then briefly sauteed in garlic oil and tossed with lemon and oregano. The recipe is from "Smith & Hawken the Gardeners' Community Cookbook" by Victoria Wise (Workman Publishing, 1999).

Makes 4 to 6 servings.

- 1 pound green beans, preferably Romanos, cut diagonally in half
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Big pinch of salt
- 1 teaspoon finely chopped fresh oregano leaves or 1/2 teaspoon dried oregano
- 1/4 teaspoon freshly cracked black pepper
- 2 tablespoons fresh lemon juice

To cook beans: Bring large pot of water to a boil. Drop in beans. Cook over high heat for 3 to 5 minutes or until crisp-tender. (Note: Cooking time depends on size and freshness of beans.) Drain. Set aside.

To saute beans: In large pot or saute pan, heat oil over medium heat. Stir in garlic and salt. Cook for 2 minutes or until garlic is lightly golden. Add beans. Stir to coat. Stir in oregano, pepper and lemon juice. Cook for 3 minutes or until beans are heated through. Serve immediately.

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**Romano Green
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Lemon, Oregano
and Black Pepper**

*By Lynda Kochevar Special to
the Pioneer Press
TwinCities.com-Pioneer Press
Posted:*

TwinCities.com

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