

# Recipe of the Month

SEPTEMBER 2024



## Snap Bean and Sweet Pepper Sauté



### INGREDIENTS

1 pound Florida Snap Beans, stems trimmed  
1 each Florida Red and Yellow Bell Pepper,  
seeded and julienne

2 teaspoons Olive Oil  
4 Garlic Cloves, finely chopped  
1/2 Lemon, juiced  
Sea Salt and Fresh Ground Black Pepper, to taste

### PREPARATION

In a large sauté pan, heat the olive oil over medium-high heat. Carefully add the bell pepper, cook for about 1 minute. Add the beans and cook for 3 to 5 minutes. Add the garlic and continue cooking for another minute or until crisp-tender. Add lemon juice and toss before serving.

*Enjoy!*