



Caliente Green Grains

Ingredients:

½ Cup of Panko bread crumbs
3 Tbls. unsalted butter
Salt and ground black pepper
2 Tbls. grated Parmesan
2 Tbls. minced garlic
2 tsp. all-purpose flour
½ tsp. red pepper flakes
1 tsp. minced fresh thyme
1 ½ pounds fresh green beans, ends trimmed
1 C low-sodium chicken broth
1 Tbls. lemon juice

Directions:

1. Heat one tablespoon butter in 12-inch nonstick skillet over medium-high heat.
2. When melted, add bread crumbs and cook, stirring frequently, until golden brown, 3-5 minutes.
3. Transfer to medium bowl and stir in ¼ teaspoon salt, 1/8 teaspoon pepper and Parmesan; set aside.
4. Wipe out skillet. Add remaining 2 tablespoons butter, garlic, and ¼ teaspoon salt.
5. Cook over medium heat, stirring constantly, until garlic is golden, 3-5 minutes.
6. Stir in flour, red pepper flakes, and thyme, then toss in green beans.
7. Add chicken broth and increase heat to medium-high.
8. Cover and cook until beans are partly tender but still crisp at center, about 4 minutes.
9. Uncover and cook, stirring occasionally, until beans are tender and sauce has thickened slightly, about 4 minutes.
10. Off heat, stir in lemon juice and adjust seasonings with salt and pepper. Transfer to serving dish, sprinkle evenly with bread crumbs, and serve.