

## Spiced Pecan Green Beans



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Tomorrow is National Fresh Veggies Day so head over to your local farmers market and pick up a huge handful of fresh green beans and get cooking. If you are anything like me, you find it hard to figure out what to do with fresh green beans other than just steaming them or boiling them in a big pot of water. But this recipe for Firebirds Spiced Pecan Green Beans will change the way that you cook green beans forever. They are the perfect side dish for any steak, fish, chicken or ribs dinner plus they are spicy, crunchy, buttery and just plain yummy.

### Ingredients:

1 pound fresh green beans, trimmed

2 Tbsp butter

1/2 cup spiced pecans (you can buy these at your local grocery store)

Steak seasoning

2 Tbsp kosher salt

Preparation:

Bring a pot of water and 2 tablespoons of kosher salt to a boil. Add the green beans and boil for 2-3 minutes. Immediately remove green beans and place into a bowl of ice water. This process is called blanching, which will stop the cooking process and will help the green beans hold their crunchy texture plus keep them bright green. Next, melt the butter in a sauté pan over medium low heat, add the pecans and cook until slightly browned. Then add the green beans, lightly season with the steak seasoning and toss well. Now, isn't that better than just steaming or boiling? Enjoy!