

## **GREEN BEANS ALA MAMA**

*(Ayurvedically adapted from the culinary repertoire of Chef Vince Giglia)*

This recipe serves 4 people.

### Ingredients:

1 pound freshly harvested green beans, cleaned and left whole or cut (your preference)

3-4 oz. organic olive oil

½ cup plain bread crumbs (preferably made from fresh, dry bread)

2 cloves garlic OR ¼ cup chopped Walla Walla or other sweet onion (opt for the sweet onion if pitta is high)

2 tsp. fresh herbs: thyme, cilantro, or oregano, chopped fine (optional)

Mineral salt & fresh ground black pepper to taste

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Steam the green beans until al dente (firm to the bite).

Heat the olive oil and add garlic or onions, sauté until garlic is lightly browned or onions are soft.

Add the green beans, stir to coat with oil.

Add bread crumbs, fresh herbs, salt & pepper. Continue to sauté until bread crumbs are brown.

Serve & enjoy!