



# Spicy Green Beans

## Ingredients

1/2lb green beans  
1/2c Chili Pepper Jam  
1/2c edamame, frozen  
4 garlic gloves, sliced thin  
3tbs olive oil  
sea salt (to taste)  
1/4c sliced almonds  
2tbs sesame seeds

## Directions

Blanch your green beans and edamame in salted, boiling water for 2-4 minutes depending on your done-ness preference. Immediately remove from heat, drain and drop

them into ice cold water. Once again drain the beans well in a colander and set aside to dry a little. Use a paper towel if you wish. Place your sliced almonds & sesame seeds in a pan over medium low heat. Toast the nuts & seeds stirring every few minutes until golden brown. Set aside. In a pan over medium heat, heat your olive oil and sliced garlic. Allow garlic to cook just until golden. Turn off heat. Careful not to burn! Add the beans to the pan with oil and toss to combine. Season with salt to taste.