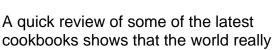
## Green Beans

Do you have a bumper crop of green beans? These vegetables are easy to grow from vines or bushes, and regular picking insures a long and steady supply. For a vegetable that was not readily available until the late nineteenth century, we have come up with a lot of ways to serve them. Green beans can be boiled, and then seasoned with salt and pepper to taste; a dash of lemon juice can brighten the taste while balsamic vinegar will

make the taste deeper and more "green". Old southern cooks fry bacon pieces to render the grease, add a small amount of onion and tomato to sauté in the grease, then warm boiled green beans for a distinctive taste. Modern cooks toss them with salt, pepper, and olive oil and roast them or dip them in a batter like onion rings and fry them.





All of this got me to check the garden and start trying to come up with a dish that Texans might appreciate. The vegetables that are required are in season now.

- 1 Roma tomato, chopped (about 1/2 cup)
- 4-5 green onions, chopped (about 1/2 cup)
- 1-2 small bell peppers, chopped (about 1/2 cup)
- 1 jalapeno, seeded and chopped (about 1 Tablespoon)
- 4-6 sprigs of cilantro or flat-leaf parsley (about 2 Tablespoons)
- 1-2 key limes
- 1 Tablespoon olive oil

chopped black olives.

Salt and pepper

1 lb. green beans, with strings and ends removed (about 4-5 cups)

Mix the tomato, green onions, bell pepper, jalapeno, cilantro and the juice of one lime. Add salt and pepper to taste, and set aside to let the flavors mix. Steam the green beans for 4-7 minutes or until crisp yet tender when tested with a fork. Cool beans, then dress with the juice of the remaining lime, olive oil, salt and pepper. When ready to serve, toss the two mixtures together for a salad. Black olives and sour cream garnish are optional.