

CONSTITUTION DAY – GREEN BEANS

Green beans fresh from Felicity's garden added color to the dinner table

TOOLS

Colander
Measuring cups & spoons
2-quart sauce pan with lid
Wooden spoon
Serving bowl and spoon

DRY INGREDIENTS

1 pound fresh green beans
½ cup cold water
½ teaspoon salt
1 Tablespoon butter
Salt and pepper
¼ cup heavy cream

DIRECTIONS *(Makes 6 servings)*

1. Put the beans into a colander and wash them at the sink.
2. Snap off both ends of the beans with your fingers.
3. Put the water and ½ teaspoon salt into the saucepan. Heat the water over medium-high heat until the water boils, or bubble rapidly.
4. Put the beans into the water. Cover the saucepan and cook the beans for 5 minutes.
5. Have an adult help you pour the beans and water into the colander. After the water has drained off, put the beans back in the saucepan.
6. Add the butter. Sprinkle on salt and pepper. Add the cream and stir gently to coat the beans well.
7. Spoon the beans into a bowl and serve.