Kid Friendly Recipe for October...

Oven Roasted Green Beans- Serves 6

   1 ½ pounds green beans
   2 tablespoons extra-virgin olive oil
   1 teaspoon salt
   1/2 teaspoon freshly ground black pepper

Directions:

Preheat the oven to 425 degrees F. Trim the ends of the green beans and add to a large bowl. Toss with the extra virgin olive oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized (lightly browned) and tender but still crisp, about 12 to 15 minutes.

Adapted from: www.foodnetwork.com

Adult Friendly Recipe for October...

Lemon Dill Green Beans- Serves 4

   1 pound green beans, trimmed
   4 teaspoons chopped fresh dill
   1 tablespoon minced shallot
   1 tablespoon extra-virgin olive oil
   1 tablespoon lemon juice
   1 teaspoon whole-grain mustard
   ¼ teaspoon salt
   ¼ teaspoon freshly ground pepper

Directions:

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.

Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Adapted from: www.eatingwell.com