

## Lemony Green Beans

By

Mary Ann Hastings

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1. Wash, dry, and trim a bag of fresh organic green beans (I prefer Taylor Farms Organic to Trader Joe's). While trimming ends of green beans, also cut in half or thirds so all beans are generally about 2 inches long.
2. Melt about a tablespoon of [coconut oil](#) in a 14 inch pan on medium heat.
3. Toss in green beans and add [sea salt](#). (I use about ½ to ¾ t at this point, but I also am going to be using [coconut aminos](#), which has some salt, so go easier on the sea salt the first time around.)
4. Stir beans to avoid over browning. Once they get a little brown and have absorbed liquid, but not yet to the degree of crispness you want, add a teaspoon to 1 ½ teaspoons of lemon juice. This creates steam and liquid, so put a lid on pan for a half a minute if you want the beans a little less "al dente".
5. Take lid off and stir, checking beans for doneness and taste. Add a splash or two (1 T) of coconut aminos\*. Between the addition of the coconut aminos and the lemon juice, there should be a little bit of brown gooeyness in the pan with the beans. Make sure you stir at this point to avoid burning. At this point, add whatever of the ingredients you think it still needs, depending on your taste. If you are happy with it as it is, remove from heat and plate up.

\*I like organic Coconut Secret, which you can get almost anywhere in town. It is cheapest, though, if you have a membership with Thrive Market and buy several bottles at a time to get both a good price and free shipping. If there is a Trader Joe's nearby, they have a very reasonably priced organic version of Coconut Secret. It's a bit sweeter in taste than Coconut Secret, so go carefully if you don't want the extra sugar. Store in refrigerator after opening the bottle, regardless of where it's purchased.