



Savory Green Beans

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

8 oz. (one pack) of green beans
1/2 teaspoon pink Himalayan salt
1/2 - 1 teaspoon coriander seed powder
1/4 teaspoon of chili powder

Instructions

- **Prep:** Trim the green beans and cut them into equal pieces, ideally around 1/2 inch in size. However, adjust the size according to your preference. Keep in mind that smaller pieces will cook more quickly.
- **Heat:** Heat a skillet over medium heat. Once skillet is hot, add one tablespoon of oil and wait until it's heated. Add green bean pieces and increase heat to medium-high.
- **Season & Cook:** Sprinkle with half of pink Himalayan salt. Allow green beans to cook on each side for about 4-5 minutes, or until slightly browned.
- **Garnish:** Add coriander seed powder, red chili powder and remaining pink Himalayan salt. Mix thoroughly and allow to cook for 1-2 additional minutes.
- **Serve:** Transfer to serving dish and enjoy as a side dish or on top of kitchari.

Tips and Variations

Greens are balancing for all three doshas! They are easy to digest and astringent in taste. Green beans are a good source of protein and fiber which is a powerful combination for lowering cholesterol. They also contain folate and potassium which both help regulate our blood pressure.

