

## CAJUN GREEN BEANS



### Ingredients

1 Kg.	Fresh Green Beans (can also canned beans)
¼ Cup	Grape seed Oil (Olive Oil)
2-4 Tbsp.	Cajun Blend Seasoning
¼ Cup	Water

### Directions

- Once the green beans are cleaned, dry them off with paper towel - it is important to remove the access water to avoid the oil from popping.
- Pre-heat a skillet on medium heat, preferably a non-stick skillet or wok with thick bottom to maintain heat.
- Add the olive into the skillet (covering bottom of skillet) and heat the oil until the oil just starts to smoke.
- Once smoke appears, immediately put the beans in the skillet.
- Sprinkle all of the Cajun Blend Seasoning on the green beans and stir fry (sauté') like below:



- Stir Fry (sauté') the vegetable for 5-10 minutes until they are slightly tender (in the event the mixture becomes too dry during this process, you can add a ¼ cup of water).
- Once cooked, remove the green beans and you can sprinkle some more Cajun Blend seasoning and salt to taste.\_



This is a quick, healthy way to eat vegetables and this same recipe can be used with other fresh vegetables.

*Serves 2-3 people and just adjust recipe for more servings.*