



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

DIJON MAPLE GREEN BEANS

1 ½ pounds fresh green beans, trimmed	2 teaspoons balsamic vinegar
2 tablespoons butter	¼ teaspoon salt
1 shallot, diced	1/8 teaspoon pepper
2 garlic cloves, minced	1/3 cup caramelized pecans
Dash of red pepper flakes	¼ cup feta cheese
1 teaspoon pure maple syrup	6-8 slices bacon, crumbled
2 teaspoons Dijon mustard	

1. In a small bowl, mix together the pure maple syrup, Dijon mustard, balsamic vinegar, salt, and pepper. Set aside.
2. Blanch green beans in a large stock pot of salted boiling water for 2 minutes. Drain and transfer beans to a large bowl of ice water.
3. Melt butter over medium heat in a large skillet. Add shallots, garlic, and red pepper flakes and sauté for 1 minute. Add beans and Dijon Maple Sauce and continue to sauté until beans are evenly coated in the sauce and beans are cooked to desired crisp-tenderness.
4. Taste and season with additional red pepper flakes and freshly cracked salt and pepper to taste. Garnish with caramelized pecans, feta cheese and bacon.

Makes 6 servings.