

# SEASONED GREEN BEANS AND CARROTS

SERVES 8–10

## INGREDIENTS

*16 oz fresh French green beans*

*½–1 lb carrots, matchstick cut*

*Olive oil: plain, lemon,  
or orange*

*McCormick Mediterranean  
Spiced Sea Salt*

*1 lemon, sliced, optional*

In a large skillet, cover green beans with water. Bring water to boil. Reduce heat and simmer approx 5 min until just tender. Don't overcook. Transfer to bowl of ice water. Drain and pat dry.

In same skillet, cover carrots with water. Bring water to boil and cook carrots until just tender, approx 3 min. Transfer to bowl of ice water. Drain and pat dry.

Return vegetables to skillet or transfer to microwave-safe serving dish to warm before serving or transfer to serving dish to serve at room temperature. Toss with olive oil and spiced sea salt prior to warming and serving.

Garnish with lemon slices, optional.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Cover and keep vegetables at room temperature. Toss with olive oil and spiced sea salt prior to serving.
- I recommend prepackaged French green beans.
- Increases well.

