



The Bergen Farmers' Market Recipe Collection

Enjoy these special recipes, using products from the Bergen Farmers' Market Saturdays until September 10 in Bergen
www.thebergenmarket.ca



Filet Beans with Almonds

Take fresh Bergen green beans (best are the French filet style). Steam lightly in a covered saucepan. While steaming, toast slivered almonds in a small amount of olive oil in a frying pan. When beans are crisp tender, add to the almond-oil mix. Toss. Add coarse sea salt to taste. Enjoy.