

GARLIC GREEN BEANS

INGREDIENTS:

- 1 **lb/1/2k of green beans** (select tender small/baby size, fresh or frozen)
- 1/2 **cup of pure revitalized or spring water**
- 2 **cloves of fresh garlic chopped; or 4 shakes of garlic powder**
- 1 **Tbsp extra virgin olive oil**
- 1 **pinch of light grey Celtic seasalt** (optional)

DIRECTIONS:

Wash the green beans well and cut off the stems. Add them into a small pot with the garlic and water.

Steam on medium heat for 3 to 5 minutes, until tender. Do not overcook.

Add the olive oil and salt to taste after cooking, just before serving.

ENJOY with with veal, beef, fish, poultry, or various pasta dishes.

Use **organic** ingredients

Serves 2

Suitable for ALL blood types

Originating from Peru and known scientifically as *phaseolus vulgaris*), **Green Beans, string beans, or hericot vert** (French) belong to the same family as shell beans (pinto, black and kidney beans).

Indian tribes spread them throughout South and Central America. They were introduced into Europe around the 16th century by Spanish explorers returning from the New world.

Green beans are a rich source of antioxidant flavonoids such as quercetin, kaemferol, catechins, epicatechins, and procyanidins. Its antioxidant carotenoids include lutein, betacarotene, violaxanthin, and neoxanthin. These antioxidants provide unique cardiovascular, anti-inflammatory, and prevention of type 2 diabetes benefits. Green beans also provide silicon, which is an important mineral for bone health and formation of connective tissue. Silicon is an important mineral that helps prevent bone loss and wrinkles. Green beans are an excellent source of vitamin K and a very good source of manganese, vitamin C, fiber, folate and B2. They also contain good amounts of vitamins B1, B3, B6, A, E, chromium, magnesium, calcium, potassium, phosphorus, choline, protein, omega 3 fats, and iron.

Select young, firm fresh or frozen organic green beans with a vibrant color and no brown spots. Store in the fridge up to 7 days or freeze up to 3 months. Do not discard the water they are cooked in. Drink or add it to a soup broth. Green beans can be eaten raw or steamed and either warm or cold in a salad.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.

Garlic is a member of the *Allium* family, which includes onions and leeks. It contains a unique combination of powerful flavonoids and sulfur-containing compounds including

thiosulfinates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays intact for only 2-16 hours, at room temperature. Thus, not all garlic (fresh or extracts/supplements) provide the same benefit. e.g. Cooking, microwaving (used on imported garlic), or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Ageing garlic (powdered or supplements) to make it odorless, also reduces its beneficial allicin, and thus, compromises its effectiveness. Letting garlic sit after being chopped or crushed increases its benefits.

Garlic helps clear the ill-effects of bronchitis, lung congestion, coughs, sore throats, sinus, asthma, and food poisoning. It also helps treat bacterial and fungal infections.

The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like atherosclerosis and the forming of blood clots.

Garlic lowers blood pressure in two ways:

One particular disulfide called ajoene, prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot. The other is the production of hydrogen sulfide (H₂S) gas, which occurs when red blood cells take sulfur-containing molecules in garlic and then use this gas to help blood vessels expand and balance blood pressure. H₂S is placed in the same category as nitric oxide (NO).

Garlic is a rich source of manganese, vitamins B6 and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.

Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast *Candida Albicans* in check.

Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh organic garlic, organic powdered garlic can be used for convenience.

Store garlic in a cool dry place in an open basket and away from sunshine and heat.

For an effective odorless garlic supplement, choose a coated (enteric) tablet or capsule, high in allicin, which will dissolve in the intestine instead of the stomach.

Simply Organic/Frontier Co-Op, USA: <http://www.simplyorganic.com/> 1 800 437-3301

Selina Naturally/Celtic seasalt USA: <http://www.selinanaturally.com/> 1 888 644-7754