

Shelly Beans or Cranberry Beans

For basic preparation, cover beans with water in a 3 - 4 quart pan, bring to a boil and simmer for 15 - 20 minutes. Fresh beans cook much faster than dried beans and are done when they no longer taste mealy. When done, drain and season with salt and freshly ground pepper. They can be served hot with butter or olive oil, but are particularly good served at room temperature with olive oil, lemon juice and chopped fresh parsley. This is similar to the way beans are served in Italy as part of an antipasto tray and makes a great addition to a mix of cheeses, olives and sausages for an appealing appetizer.



Another approach is to bring 2-3 quarts of water to a boil, add 3 - 4 cups of shelled beans, cooking until done. Strain the cooking water into a bowl, reserving the beans and returning the water to the pot. Boil 1 cup $\frac{1}{2}$ inch diced potato, a cup of chopped fresh tomato with fresh herbs such as sage or rosemary and $\frac{1}{2}$ pound any small pasta such as ditalini or orecchiette until pasta and potatoes are done. Add the beans back into the pot, correct the seasoning and serve in bowls. New England's answer to Italy's famed "pasta e fagioli" makes a great lunch or light dinner. Be creative, adding smoked bacon, garlic or other vegetables to the cooking beans.

Taken from <http://www.theheartofnewengland.com/food-CranberryBeans.html>

Sautéed Fresh Cranberry Beans with Sage and Garlic

What these fresh cranberry beans lose in color they gain back in taste after sautéing them in garlic and fresh sage.

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Recipe type: Snack

Ingredients

- Fresh Cranberry Beans, shelled
- Minced garlic (about 2-3 cloves per cup of shelled beans)
- Olive oil (about 2 tablespoons per $\frac{1}{2}$ - 1 cup of beans)
- Fresh sage leaves (as many as you want)
- Lemon or lime juice (a tablespoon $\frac{1}{2}$ - 1 cup of beans)
- salt, to taste

Instructions

1. Bring a pot of water to a boil. Cook the beans until just tender, about 20 minutes. Drain.
2. In the same pot or in another pan, heat the olive oil over medium-high heat. Add the sage and fry for about 1 minute.
3. When the sage starts to get crisp, add the beans and sauté for a couple of minutes. Season with salt.
4. Add the garlic and sauté until the garlic is fragrant and starts to color. Remove from heat, squeeze a bit of lemon juice, toss, and serve.

<http://lemonsandanchovies.com/2012/06/sauteed-fresh-cranberry-beans-with-sage-and-garlic/>