

Sandy Beach Noodles

What You Need:

2 cups cooked green beans
2 Tbsp butter
1/4 cup regular bread crumbs
3 cups cooked wide flat egg noodles (or other)
Salt, pepper to taste

What You Do:

1. Heat the butter in a large skillet over medium heat. When the butter is hot, add in the breadcrumbs and toast until golden brown. Do not leave the mixture unattended because the crumbs can turn from a nice brown to burnt pretty quickly.
2. Cook the noodles according to directions, drain and toss them into the bread crumb mixture. Make sure there is a bit of moisture on the noodles as this will help the breadcrumbs stick.
3. Clean and cut the beans into a manageable size. Boil or steam the beans on the stove until they're crisp and tender, 4 or 5 minutes.
4. When they're ready, toss the beans with the noodles to coat them evenly. Cook until warmed through.

Serve hot.

Serves 4.

Variations:

Can be made with a mix of vegetables like cauliflower, carrots, peas and cooked greens. It's a great way to use up leftover vegetables, too.

As a child, Heide's family would eat just the bread crumb-covered noodles with powdered sugar on top and a side of applesauce. Her son Shane and his friends all loved this dish. It's fast and economical to prepare.