

Green Bean Almondine

Ingredients:

1 lb (16 oz) haricot verts green beans trimmed
2 tablespoons extra virgin olive oil
¼ cup raw sliced almonds
2 medium shallots finely diced
2 medium garlic cloves finely minced
zest of one small lemon
2 teaspoons freshly squeezed lemon juice
salt and pepper to taste

4 Servings

Instructions:

1. Bring a large pot of water to a boil. Season the water liberally with kosher salt (it should be very salty to taste).
2. Blanch the green beans for 4 to 5 minutes, stirring occasionally, or until they are crisp-tender and slightly squeaky between your teeth. It is important that the green beans be slightly undercooked as they will be transferred directly to the skillet and will continue cooking during this time.
3. Meanwhile in a large skillet, heat the oil over medium heat until sizzling. Add the sliced almonds and sauté, stirring frequently, for 2 to 3 minutes or until they are starting to turn golden brown. Reduce the heat to low and add the chopped shallots and garlic. Sauté for an additional 1 to 2 minutes, stirring frequently, until fragrant and lightly caramelized.
4. Transfer the blanched green beans from the boiling water directly to the skillet. Sauté briefly, gently tossing the green beans with the almond mixture until evenly combined and the green beans are tender. Add the lemon zest and lemon juice, toss once again, and season to taste with salt and ground pepper.
5. Serve and enjoy!



Nutrition Facts

4 servings per container	
Serving size	1.0 cup (138g)
Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.3mg	8%
Potassium 330mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.