

GREEN BEANS



TRY THIS

- Sauté green beans with a little oil, minced garlic, fresh ginger, and dash of soy sauce.
- Toss cooked green beans with dill and lemon juice. Make an extra batch for quick cold snacks.
- Toss green beans with a little oil, salt, pepper, and garlic powder. Cook in a preheated 350 F air fryer 10 minutes and serve. For extra flavor, toss with Parmesean cheese before serving.

BUYING OR STORING

- Select green beans that are firm with a bright, even color. Avoid beans that are bulging, dry, hard, or have blemishes.
- Store green beans in an open plastic bag in the refrigerator for up to five days. To freeze, place blanched green beans in freezer bags or containers and freeze for up to eight months.
- Wash all fruits and vegetables before using.

GREEN BEANS ALMONDINE

Time: 20–25 minutes | Makes: 4 servings | Serving Size: $\frac{3}{4}$ cup


Nutrition Information Per Serving: Calories 118, Carbohydrate 10g, Dietary Fiber 4g, Protein 4g, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Sodium 154mg

INGREDIENTS

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| 1 pound fresh green beans, trimmed | $\frac{1}{3}$ cup sliced or slivered almonds |
| 1 tablespoon vegetable oil | 1 tablespoon lemon juice |
| $\frac{1}{4}$ teaspoon kosher salt | 1 teaspoon lemon zest (optional) |

INSTRUCTIONS

1. Blanch green beans. Bring a large pot of water to boil. While waiting for the water to boil, fill a large bowl with ice water. Once water is boiling, carefully place green beans into the pot. Boil for 4–6 minutes, drain into colander, and plunge into ice water to stop the cooking process. After green beans have cooled for 3 minutes, drain, pat dry, and set aside.
2. Heat vegetable oil in a large frying pan over medium-low heat, add salt and almonds, stirring occasionally until fragrant and almonds begin to brown, about 3 minutes.
3. Reduce heat to low, add green beans, lemon juice, and lemon zest, if using. Mix to combine.
4. Sauté for 1–2 minutes to heat thoroughly. Transfer to platter or bowl.
5. Serve immediately.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Blanch green beans a day or two ahead of making the dish, keep refrigerated until ready to use.
- If using frozen green beans, cook according to package directions and continue to Step 2.
- Garnish with fresh parsley and bacon bits.