



Citrus Green Bean Salad With Almonds

Yield: 4 servings

Ingredients

- ¾ pound green beans, washed, ends trimmed
- 1 tablespoon extra virgin olive oil
- 1 lemon, zested and juiced
- 1 clove minced garlic
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ cup chopped red onion
- ¼ cup almonds; slivered or sliced

Instructions

1. Boil water in a medium pot. Blanch green beans by boiling until just tender (about 2 to 4 minutes). Cool by placing in a medium bowl filled with ice water.
2. In a separate small bowl, whisk together the oil, lemon juice and zest, garlic, salt, and pepper.
3. Toss the lemon mixture with the green beans, red onions, and almonds.

Nutrition Information

Serving Size: ½ cup
Calories: 60
Total Fat: 3.5 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 2.5 g
Sodium: 150 mg
Total Carbohydrate: 7 g
Dietary Fiber: 2 g
Sugars: 3 g
Protein: 2 g

Source: Goldring Center for Culinary Medicine



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Culinary Medicine

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