Citrus Green Bean Salad with Almonds

This side dish adds a bright pop of flavor to your meal. Almonds and green beans are a classic combination and this version lightens them up with the addition of tangy lemon and savory garlic.

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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</thead>
<tbody>
<tr>
<td>4 SERVINGS</td>
<td>10 MIN</td>
<td>25 MIN</td>
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</tbody>
</table>

INGREDIENTS

1 lb. Green Beans, washed, ends trimmed, cut in half
1 each Lemon, zested and juiced
¼ tsp Kosher Salt
To Taste Black Pepper
1 clove Garlic, fresh, minced
1 Tbsp Olive Oil
¼ small Red Onion, very thinly sliced
¼ cup Almonds, slivered or sliced

CHEF’S NOTES

The green beans and vinaigrette can be made ahead of time and will keep, separately, for up to one week in the refrigerator.

If not serving this dish right away, keep the almonds on the side so that they don’t get too soft.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium saucepot, over high heat, bring water to a boil.
3. While waiting for the water to boil, prepare an ice water bath in a medium bowl filled with ice and water. Set aside.
4. Once the water is boiling, add the green beans to the pot of water and blanch them until they turn bright green and are still crisp-tender, about 30-60 seconds. Using tongs or a slotted spoon, remove the green beans from the pot and put them in the ice water to cool and stop the cooking process. Once cooled, remove the beans from the ice bath and use a colander/strainer to drain them. Add the beans back to the now empty bowl that was used for the ice water and set aside.
5. In a jar with a lid, combine the lemon zest and juice, salt, pepper, garlic, and olive oil. Vigorously shake the jar until the vinaigrette is well combined.
6. Add the red onion and the vinaigrette to the bowl of green beans and toss until combined. Top the salad with the almonds and serve immediately.
Recipe adapted from *Health meets Food: Citrus Green Bean Salad with Almonds* (8/1/19)