

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.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
-----------------------------------	-----------------------------------	------------------------------------

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.

Nutrition Facts

4 servings per container

Serving Size 1/2 cup (146 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 9g 11%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 15%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 1mg 8%

Potassium 300mg 7%

*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.

Recipe adapted from *Health meets Food*: Citrus Green Bean Salad with Almonds (8/1/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

