



Citrus Green Bean Salad with Almonds (FODMAP)

This recipe makes great leftovers. Save the almonds on the side to prevent them from getting mushy.

U.S.

3/4 lb	Green Beans, trimmed
1 each	Lemon, zested and juiced
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground
1 Tbsp	Garlic Infused Olive Oil (See Recipe)
1/2 small	Red Bell Pepper, diced small
1/4 cup	Almonds, sliced

Metric

340 g
1 each
1.5 g
To taste
15 mL
1/2 small
30g

Preparation:

1. Gather all ingredients and equipment.
2. Bring a medium pot of water to boil. Blanch green beans by boiling until just tender (about 30 seconds - 1 minute).
3. Use a slotted spoon to or colander to drain green beans from water. Transfer to a bowl filled with ice water to cool for 5 minutes. Set aside.
4. In a separate medium bowl, whisk together the lemon juice and zest, salt, pepper, and garlic. Slowly drizzle in olive oil while whisking.
5. Toss the lemon mixture with the green beans, red bell peppers, and almonds.
6. Serve and enjoy!

Nutrition Facts

6 Servings

Serving size 1/2 cup

Amount per serving

Calories 60

Total Fat	4.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	85 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	2 %
Iron	4 %
Potassium	200 mg
Phosphorus	40 mg

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