



## 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, washed, end 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)
1/4 small	Red Bell Pepper, diced small
1/4 cup	Almonds, slivered or sliced

### Metric

340g
1 each
1.5g
To taste
15mL
1/4 small
30g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Grab a small handful of green beans and lightly tap the stems on a cutting board until they're all lined up. Cut all the stems off with a single chop of a chef's knife.
2. Boil water in a medium pot. Blanch green beans by boiling until just tender (about 30 seconds - 1 minute). Cool by placing in a medium bowl filled with ice water.
3. In a separate medium bowl, whisk together the lemon juice and zest, salt, pepper, and garlic. Slowly drizzle in olive oil while whisking.
4. Toss the lemon mixture with the green beans, red bell peppers, and almonds.
5. Serve immediately.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**                    **1/2 cup**

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**Amount per serving**

**Calories**                         **45**

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

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