



## Citrus Green Bean Salad with Almonds (FODMAP-IBS)

This recipe makes great leftovers! Be sure to keep the almonds separate to prevent them from getting soggy.

### U.S.

3/4 lb	Green Beans, washed, end trimmed
1 each	Lemon, zested and juiced
1/4 tsp	Salt, kosher
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

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

### **Preparation:**

1. Gather all ingredients and equipment.
2. Boil water in a medium pot. Blanch green beans by boiling until just tender (about 2-4 min). Cool by placing in a medium bowl filled with ice water.
3. In a separate medium bowl, whisk together the lemon juice, zest, salt, and pepper. Slowly drizzle in olive oil while whisking.
4. Toss the lemon mixture with the green beans, red peppers, and almonds.
5. Serve immediately.

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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** 60

Calories from Fat 40

**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 0 g Added Sugars

**Protein** 2 g

Vitamin D 0 %

Calcium 4 %

Iron 1 %