



## Citrus Green Bean Salad with Almonds

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

<u>U.S.</u>		<u>Metric</u>
3/4 lb	Green Beans, washed, end trimmed	340 g
1 each	Lemon, zested and juiced	1 each
1/4 tsp	Salt, kosher	1.5 g
To taste	Black Pepper, ground	To taste
1 clove	Garlic, minced	1 clove
1 Tbsp	Olive Oil	15 mL
1/4 small	Red Onion, chopped small	1/4 small
1/4 cup	Almonds, slivered or sliced	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 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 onions, and almonds.
5. Serve immediately.

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## Nutrition Facts

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4 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 60

Calories from Fat 30

**Total Fat** 3.5 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

**Cholesterol** 0 mg

**Sodium** 150 mg

**Total Carbohydrate** 7 g

Dietary Fiber 2 g

Total Sugars 3 g

Includes 0g Added Sugars

**Protein** 2 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 195 mg

Phosphorus 35 mg

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