



Mustard Green Bean Salad with Almonds [FODMAP Modified for IBS]

This recipe makes good leftovers as long as you save the almonds separately until you eat!

<u>U.S.</u>		<u>Metric</u>
3/4 lb (12 oz)	Green Beans, washed, ends trimmed	340.2 g
1 stp	Whole Grain Mustard	5 g
1 tsp	Lemon Juice	5 ml
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1 Tbsp + 1 tsp	Olive Oil	20 ml
1 cup	Cherry Tomatoes, halved	180 g
1/4 cup	Almonds, slivered or sliced	108 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 mustard, salt, and pepper. Slowly drizzle in olive oil while whisking.
4. Toss the lemon mixture with the green beans, tomatoes, and almonds.
5. Serve immediately.

Nutrition Facts

Serving size 1/2 cup
Servings 4

Calories 48
Calories from Fat 25

Total Fat 3 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 2 g
Cholesterol 0 mg
Sodium 122 mg
Carbohydrates 6 g
Dietary Fiber 2 g
Sugars 2 g
Protein 2 g

Vitamin A 51 %
Calcium 3 %
Vitamin C 30 %
Iron 6 %
Phosphorus 27 mg
