



Citrus Green Bean Salad with Almonds

Tip: the green beans and vinaigrette can be made ahead of time and will last up to one week in the fridge.

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 clove	Garlic, minced
1 Tbsp	Olive Oil
1/4 small	Red Onion, very thinly sliced
1/4 cup	Almonds, slivered or sliced

Metric

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

Preparation:

1. Gather all ingredients and equipment.
2. Bring a medium sized pot of water to a boil over high heat. Blanch green beans by boiling until they just turn bright green (about 30 seconds - 1 minute). Fill a bowl with ice and cover with water. Use tongs or a slotted spoon to add green beans to the ice water to cool and stop the cooking process.
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 vinaigrette with the green beans and red onion.
5. Top the the almonds and serve. If not serving right away, keep the almonds on the side so that they do not get mushy.

Nutrition Facts

4 Servings

Serving size **1/2 cup**

Amount per serving

Calories **60**

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
