



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Green Beans with Toasted Almonds, Lemon & Shallots

Makes 4 servings. Recipe from CookingLight.com.

Ingredients

1 tablespoon olive oil
1 pound green beans, trimmed
1 shallot, thinly sliced
½ cup water
2 teaspoons unsalted butter
2 tablespoons sliced almonds
1 tablespoon fresh lemon juice
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Nutritional info

Calories:	105
Total Fat:	7g
Protein:	3g
Carbohydrates:	10g
Cholesterol:	5mg
Sodium:	128mg
Fiber:	4mg
Calcium:	54mg

Directions

1. Heat a large skillet over medium heat. Add oil; swirl to coat. Add beans and shallots; cook 5 minutes, stirring frequently. Add 1/2 cup water; cover and cook 5 minutes or until beans are crisp-tender.
2. Melt butter in a small skillet over medium heat. Add almonds; cook 5 minutes or until browned, stirring frequently.
3. Add almond mixture, lemon juice, and remaining ingredients to bean mixture; toss well.