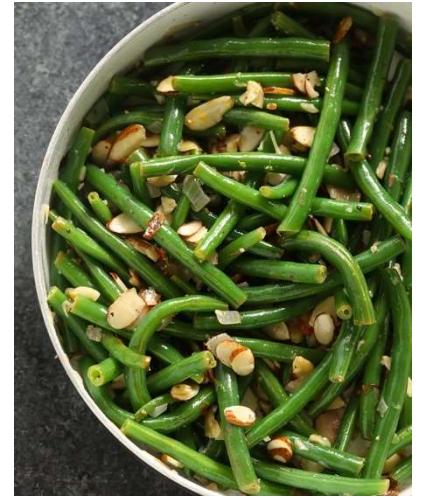


Green Beans Almandine

- 1 lb. green beans, ends removed
- 1 teaspoon olive oil
- 2 teaspoons butter
- 1 shallot, minced
- 4 cloves garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons fresh lemon juice
- 1/2 cups raw slivered almonds
- Lemon zest, for garnish



1. Start off by preparing a large ice bath. Add 4 cups of ice to a large bowl and fill the rest of the bowl with water. Set aside.
2. Then, prepare your green beans by rinsing and patting dry. Use a pair of scissors or a knife to remove the ends off of the green beans and set aside.
3. Next, add a teaspoon of salt to 3-4 quarts of water in a large pot and bring it to a rolling boil. Blanch green beans by placing them into the boiling water. Continue boiling for 2 minutes. Immediately remove from heat and strain. Place green beans into the ice bath and let sit for at least 5-10 minutes.
4. While the green beans are cooling, heat 1 teaspoon of olive oil in a large pan over medium/high heat.
5. Once fragrant, add shallot, garlic, salt, and pepper and sauté for 3-4 minutes, or until the shallot is translucent.
6. Add 2 teaspoons of butter to the pan and then add the chilled green beans. Then, squeeze in around 2 teaspoons of fresh lemon juice.
7. Sauté for 3-5 more minutes and then add in slivered almonds and toss. Remove from heat, give it a taste test and add more salt and pepper as needed. Serve with lemon zest and more butter, as desired.

Serving Size = 2 cups of green beans and 6 almonds