

# Haricot Vert Almondine

Per Serving: 1 green, 1/16 fat, 1/16 condiment, 1/4 daily snack

## Ingredients

4 cups Haricot Verts (Fresh Petit Green Beans)

1 oz Sliced or Slivered Almonds

1/2 TBS Light Margarine

1 tsp Lemon Juice



## Instructions

Lightly salt a pan of water and bring ot a slow boil.

Trim ends of beans if desired, and add to the pot.

Blanch beans for 3-5 minutes, careful not to over cook them. Remove from heat and drain, set aside.

Toast almonds in a large skillet over medium heat, stirring frequentlyThis should take no more than 5 minutes, remove just before they brown.

In same pan, melt margarine over medium heat. Once slightly browned, mix lemon juice. Finally, add the beans and almonds toss to coat. Sauté over low-medium heat until beans are just tender. About 2-3 minutes.

## Extras

REMEMBER:Haricot Verts are smaller and more tender than your typical american string bean or green

bean, as such, it takes much less time to cook. Take care not to over cook these.

NOTE: You may safely omit the butter/margarine in the recipe if avoiding fat. You may however want to add salt, thinly sliced onions or garlic instead to enhance the flavor profile.

If considering the Almonds part of your daily Optional Snack:

1 green, 1/16 fat, 1/16 condiment, 1/4 daily snack