



## Green Beans Amandine

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Recipe Source: Mollie Katzen, [www.molliekatzen.com](http://www.molliekatzen.com)

Servings: 4

### Ingredients:

- 1 ½ lbs fresh green beans
- 1 Tbsp olive oil
- 2 tsp unsalted butter
- ¾ cup chopped almonds
- 1 tsp minced or crushed garlic
- ¼ tsp salt

### Steps:

- Put up a large saucepan of water to boil.
- In the meantime, heat a large deep skillet over medium heat for one minute. After about a minute, add the olive oil and melt in the butter and swirl to coat the pan. Turn the heat down to low, add the almonds, and cook, stirring frequently, about 5-8 minutes until the almonds start to smell toasty. During the last couple of minutes, stir in the garlic, being careful not to let it burn. Set aside.
- Meanwhile, when the water boils, turn the heat to low and add the green beans. Simmer 3-5 minutes or until the beans turn bright green and shiny and are beginning to become tender. Remove from heat and drain the green beans in a colander.
- Return the pan of almonds to the stove over medium-low heat. Add the green beans, turning them with tongs until they become completely coated (or at least well mingled) with the almonds. Sprinkle in the salt and toss gently to combine.
- Serve hot, warm, or room temperature.

*Tips from the Test Kitchen: A little lemon zest added with the salt is delicious!*

**Nutritional Facts (Per Serving):** Calories: 203, Carbohydrates: 16 grams, Protein: 7 grams, Total Fat: 15 grams, Saturated Fat: 3 grams, Cholesterol: 5 mg, Sodium: 156 mg, Fiber: 7 grams, Total Sugars: 6 grams.