

Green Beans Almondine



Total:

10 minutes

Makes:

10 full servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

2.5 Qt. (1.49L) Culinary Basket

large mixing bowl

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Recipe Description:

Green beans and almonds make a unique combination of crunchy and crispy textures. Green beans are full of chlorophyll and fiber, and almonds have protein. This makes an excellent side dish alongside the squash kugel. Watch this video below to see how it's made!

1

cup

almonds, chopped

(110

g)

2

pounds

green beans, ends trimmed and strings removed

(900

g)
salt and freshly ground black pepper to taste (optional)
1
tablespoon
fresh parsley, chopped
(4
g)

Directions:

1. Add water to bottom of sauce pan and turn to medium heat. Place green beans in the steamer culinary basket and insert in sauce pan. Steam green beans for 3 - 5 minutes or until tender. Place under cool running water to halt the cooking and maintain a bright green color. Transfer the steamed greens to a large mixing bowl.
2. Season green beans to taste with salt and pepper, toss gently, and set aside.
3. Sprinkle the toasted almonds and parsley over the green beans and toss well to thoroughly coat the beans with the mixture.

Nutritional Information per Serving

Calories:

91

Total Fat:

5g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

238mg

Total Carbs:

9g

Dietary Fiber:

4g

Sugar:

2g

Protein:

4g