



# Catholic Health Initiatives

*Imagine better health.®*

## **Green Bean Almondine**

*Serves 6*

*Prep/cooking time:  
Approximately 25 minutes*

### **Ingredients:**

- 1 cup water
- 1 lb. fresh green beans, trimmed
- ¼ cup butter
- ½ cup almonds, sliced
- 2 - 3 cloves garlic, minced
- ½ lemon, juiced
- Salt and pepper



### *Easy Side Dish*

### **Directions:**

In large sauce pan bring water to a boil. Add beans and cook for two minutes. Drain beans and immediately cool in a bowl of ice water. Drain beans again. Blot with a paper towel to remove access water. In large sauté pan, melt butter. Add almonds and cook on low heat until browned. Remove almonds. In same pan add garlic and green beans. Continue cooking until beans are heated through. Add almonds and stir. Remove from heat and top with lemon juice, salt and pepper. Serve immediately.

*Harvest of the Month*

*green beans*