



Local Food Program

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Lemon Green Beans with Parsley and Almond

Serves 4

Ingredients

- > 8 ounces of fresh green beans, trimmed and cut into 1 1/2 to 2 inch pieces (total should be around 2 cups)
- > 1/4 cup of sliced almonds, dry-roasted
- > 1 tablespoon of finely snipped fresh parsley
- > 1/2 teaspoon grated lemon zest
- > 1/4 teaspoon salt
- > 1/8 teaspoon black pepper, or to taste
- > 1 teaspoon of olive oil
- > 1 tablespoon lemon juice

Instructions

1. Steam the green beans in a steaming basket for about 10 minutes or until tender.
Or, cook in a small amount of water in a covered dish in the microwave for around 3 minutes and drain.
2. In a serving bowl, toss the green beans with the almonds, parsley, lemon zest, salt, black pepper, olive oil and lemon juice.
3. Serve warm.

Storing Green Beans

- > Store unwashed fresh green beans in a container or plastic bag in the crisper of the refrigerator, where they will keep for around 7 days.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 4g	6%	Sodium 5mg	0%	Vitamin A	9%
Saturated Fat 0g	2%	Potassium 16mg	5%	Vitamin C	16%	
4 servings per container	Monounsaturated Fat 3g	Total Carbohydrate 5g	2%	Calcium	4%	
Amount per serving	Polyunsaturated Fat 1g	Dietary Fiber 2g	9%	Iron	5%	
Calories	Trans Fat 0g	Sugars 2g				
60	Cholesterol 0mg	0%	Protein 2g	5%		



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