

## Lemon Green Beans with Parsley and Almonds

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
	<b>Total Fat</b> 5g	<b>8%</b>	<b>Sodium</b> 150mg	<b>6%</b>	Vitamin A	<b>2%</b>
4 servings per recipe	Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>	Vitamin C	<b>6%</b>
Amount per serving	Trans Fat 0g		Dietary Fiber 2g	<b>8%</b>	Calcium	<b>2%</b>
<b>Calories</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Sugars 1g		Iron	<b>2%</b>
<b>70</b>			<b>Protein</b> 3g			

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