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

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>8%</th>
<th>Saturated Fat</th>
<th>0%</th>
<th>Total Carbohydrate</th>
<th>4g</th>
<th>Dietary Fiber</th>
<th>2g</th>
<th>Sugars</th>
<th>1g</th>
<th>Cholesterol</th>
<th>0mg</th>
<th>Protein</th>
<th>3g</th>
<th>% DV</th>
</tr>
</thead>
</table>

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