



Garden Fresh Farm Recipes

Fresh Green Beans Almondine

Green Beans Almondine is an easy to prepare low carb side of crisp-tender green beans coated in a simple sauce of butter and toasted almonds.

Ingredients:

2 Pounds fresh green beans
2 Tablespoons butter
Sliced or slivered almonds
Salt and Pepper

Directions:

Wash and cut ends off green beans. Place green beans in a microwave safe dish. Sprinkle with salt and pepper and dot with butter. Cook until al dente.

Toast almond slivers in oven at 325 degrees for about 10 minutes. Stir occasionally. Remove almonds from oven when they are light golden brown.

Helpful hint – sprinkle salt in bottom of pan before placing almonds in it – this keeps almonds from sticking to pan.

Sprinkle green beans with almonds at serving time.