



GREEN BEANS WITH ALMONDS

2 servings.

I found this quick and easy preparation brings out the flavor of this vegetable.

INGREDIENTS

- ½ pound green beans (See Note)
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice, approximately
- Kosher salt
- Freshly ground black pepper
- Crushed red pepper, optional
- ¼ cup sliced blanched almonds, toasted

PREPARATION

1. Trim and discard the stem ends of the beans and rinse.
2. Heat the oil in a wok or skillet, add the beans and sauté, covered, over medium high heat, stirring from time to time, until the beans are just tender, about 5 minutes (it will depend on how young and fresh the beans are).
3. Season to taste with lemon juice, salt, pepper and combine with the almonds.

NOTE

I prefer the thin string beans known as Haricots Verts, if you can find them.