



60 Days to Reclaim YOUR Health

GREEN BEANS AMANDINE

From a soon-to-be-released Hallelujah Acres cookbook.

Serves 4

Ingredients

- 1 pound green beans with strings removed
- 1/2 teaspoon salt in water
- 1/4 tsp unrefined sea salt over greens (or more to taste)
- 2 Tbsp olive oil
- 1/4 cup diced shallots
- 1/2 cup slivered almonds
- 1 tsp lemon zest
- Black or white pepper

Directions

1. Heat oven to 350° F. Spread almonds on a cookie sheet and bake for 5 minutes. Ensure they are crispy.
2. Fill a large pot with water and 1/2 tsp of salt; bring water and salt to a boil. Drop in green beans for approximately 3 minutes. Remove and submerge in ice water.
3. Heat olive oil in a sauté pan on medium heat. Add shallots and cook until translucent.
4. Add the green beans to pan and sauté for 3 minutes.
5. Add lemon zest, unrefined sea salt and a sprinkle or two of white or black pepper and stir until well coated.
6. Remove green beans into a bowl and sprinkle almonds over top.

A traditional green bean dish made without the traditional butter or fatback! Look for this one in an upcoming Hallelujah Acres cookbook.