

Lemon and Dill Green Beans

Ingredients:

- 1 tablespoon plus 1 teaspoon kosher salt
- 1 ½ pounds green beans or other fresh snap or string bean, snapped
- 2 tablespoons unsalted butter or olive oil
- 1/8 teaspoon black pepper
- 1 teaspoon chopped garlic
- 1 tablespoon chopped fresh dill
- 1 tablespoon fresh lemon juice
- ½ cup chopped or slivered almonds, lightly toasted

Equipment:

- Cutting board
- Knife
- Large pot
- Large frying pan
- Wooden spoon
- Measuring spoons
- Measuring cup

Number of Servings: 6
 Prep Time: 15 minutes
 Total time: 30 minutes



Directions

1. Bring a large pot of water to a boil, add about 1 tablespoon of salt, and cook the beans until just tender, about 8 minutes. Drain well.
2. In a large frying pan, heat the butter over medium-high heat. When it stops foaming, add the beans, the remaining ½ teaspoon salt, and the pepper, and sauté, tossing frequently, for 2 to 3 minutes, until glossy. Add the garlic and cook for another 30 seconds or so, and then finish by adding the dill and lemon juice.
3. Pile the beans into a serving dish and top with the chopped almonds. Serve right away.

TIP: Wash all vegetables before using!

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Nutrition Facts

Serving Size: 3/4 cup	
Servings: 6	
Amount Per Serving	
Calories 140	Calories from Fat 99
%Daily Value*	
Total Fat 11g	16%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 1261mg	53%
Potassium 304mg	9%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Protein 4g	7%
Vitamin A 13%	Vitamin C 30%
Iron 8%	Calcium 7%

*Percent Daily Values are based on a 2,000 calorie diet.

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