



Five-Step Green Beans Almondine

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The French word *amandine*, often Anglicised as almondine in American cookbooks, is a culinary term meaning a garnish of almonds.

Ingredients:

- 1 ½ lb fresh green beans, stems trimmed
- ¼ cup sliced almonds
- 1 tbsp olive oil
- 1 tbsp butter
- 2 tbsp minced shallot or garlic (whatever you prefer or have on hand)
- Salt and freshly ground pepper (to taste, but a pinch of each is plenty)
- Juice from 1 lemon

Instructions:

1. Place trimmed green beans in salted, boiling water and blanch until bright green and tender-crisp about 3-4 minutes. Drain and rinse in cold water.
2. Toast almonds in a **dry** skillet over medium heat, stirring, until golden. Remove from the skillet and set aside.
3. Add butter and olive oil to the skillet, then add garlic or shallot and salt and pepper to taste. Cook, stirring, until garlic or shallot is softened and fragrant. Add lemon juice and continue cooking until slightly thickened.
4. Add the green beans back into the skillet. Continue cooking until beans are heated through.
5. Place in a serving dish and top with toasted almonds.

*Photo Credit: Green Beans Almondine, photo by Sara, Dinner at the Zoo,
<https://www.dinneratthetoo.com/green-beans-almondine/>*