

Side

Haricot Verts with Lemon & Herbs

10 Mins
Prep Time

5-6 Mins
Cook Time

4
Servings

103 Calories **7g** Fat **9g** Carbs **3g** Protein



Ingredients

4 Servings **15-16 Mins** Total Time **Allergens: FODMAPs**

1 lb Haricot Verts (thin French green beans)
or Traditional Green Beans, **washed** and
trimmed



2 Tbsp Extra Virgin Olive Oil

¼ Tsp Onion Powder

1½ Tbsp Fresh Parsley, **washed** and chopped

1½ Tbsp Fresh Thyme, **washed** and chopped

¾ Tsp Lemon Zest

4 Tsp Lemon Juice

¼ Tsp Salt

Allergen Swap

FODMAPs Omit onion powder

Nourishment Note



Green Beans

Green beans are a tolerable food for people with chronic digestive issues. Green beans also contain folate, vitamin C, and vitamin A, all important nutrients in irritable bowel disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Water & Trim Beans

Set salted water to boil in a large saucepan. While waiting for water to boil, wash and trim ends of haricot verts.

3. Mix Ingredients

In a bowl, mix together the extra virgin olive oil, salt, onion powder, parsley, thyme, lemon zest, and lemon juice and set aside.

4. Cook Beans

When the water begins to boil, add haricot verts and cook, uncovered, until crisp-tender, 5-6 minutes.

5. Prepare Ice Bath

While haricot verts are cooking, prepare an ice bath (a large bowl of ice water).

6. Transfer Beans

When beans have cooked approximately 5-6 minutes, transfer them to the ice bath to stop cooking.

7. Add Herbs & Enjoy

Finally, transfer haricot verts to the bowl with lemon/herb mixture and toss gently to coat. Serve and enjoy.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from [epicurious.com](https://www.epicurious.com)

What You'll Need



Large Saucepan



Measuring Spoons



Knife



Cutting Board



Microplane/Lemon Zester



Large Bowl



Spoon

Remission Remix

- Toss with slivered almonds for a boost in healthy monounsaturated fatty acids.