

Side

# Green Beans with Basil, Balsamic and Parmesan

**15 Mins**  
Prep Time

**2 Mins**  
Cook Time

**6**  
Servings

 **159** Calories **11g** Fat **12g** Carbs **5g** Protein



## Ingredients

 **6** Servings  **17 Mins** Total Time  **Allergens: Dairy**

1.5 lbs Trimmed Green Beans 

2 Shallots, finely chopped

2 Tbsp Balsamic Vinegar

4 Tbsp Extra Virgin Olive Oil

$\frac{3}{4}$  Cup Fresh Basil, chopped

$\frac{3}{4}$  Cup Freshly Grated Parmesan Cheese

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Substitute parmesan cheese for a non-dairy cheese alternative or omit

### Nourishment Note



#### **Green Beans**

Green beans are a great source of vitamins A, C, and K. Vitamin C is not only important for the immune system, but it's a powerful antioxidant, helping to protect cells from damage.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Prepare Ice Bath

Prepare an ice bath (a large bowl filled with ice water).

### 3. Cook Green Beans

Bring a large pot of water to a boil. Add the trimmed green beans and cook for approximately two minutes, or until cooked, but still crisp. Using a slotted spoon, transfer the green beans from the pot to the prepared ice bath to stop the cooking process.

### 3. Combine All Ingredients & Serve

Drain the green beans. In a large bowl, toss the green beans with the shallots, balsamic vinegar, extra virgin olive oil, chopped basil, and parmesan cheese. Stir to combine. Salt and pepper, to taste and enjoy.

### 5. Wash Hands

Wash hands with soap and water.

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

## What You'll Need



Cutting Board



Knife



Colander



Measuring Cups



Measuring Spoons



Slotted Spoon



Large Bowls (2)



Large Pot



Cheese Grater

### Fatigue Buster

- Green beans: Purchase trimmed, washed green beans.
- Parmesan Cheese: Purchase grated parmesan cheese.
- Instead of using fresh basil, sprinkle liberally with dried basil.
- Use a mini food processor to finely chop shallots.