

Side

Green Beans with Basil, Balsamic and Parmesan

15 Mins Prep Time

2 Mins **Cook Time**

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

3/4 Cup Fresh Basil, chopped

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

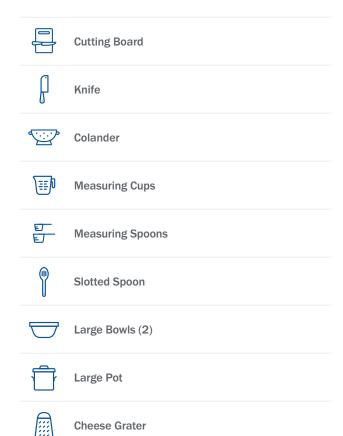
Drain the green beans. In a large bowl, toss the green beans with the shallots, balsamic vinegar, extra virgin olive oil, chopped basil, and parmesan cheese. Stir to combine. Salt and pepper, to taste and enjoy.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from simplyrecipes.com

What You'll Need



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.