

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Green Beans Amandine

From *The Vegetable Dishes I can't Live Without* by Mollie Katzen

4 to 5 servings

1 tablespoon extra-virgin olive oil  
2 teaspoons unsalted butter  
 $\frac{3}{4}$  cup slivered, sliced, or chopped almonds  
1 teaspoon minced or crushed garlic  
1  $\frac{1}{2}$  pounds green beans, stem end trimmed  
salt to taste

1. Put up a large saucepan of water to boil.
2. In the meantime, place a large, deep skillet over medium heat. After about a minute, add the olive oil, melt in the butter, and swirl to coat the pan. Turn the heat down to low, add the almonds, and cook, stirring frequently, for about 5 to 8 minutes, or until the almonds give off a toasty aroma. During the last couple of minutes, stir in the garlic. (Be careful not to let any of it burn). Remove from the heat, and set aside.
3. Meanwhile, when the water from step 1 boils, turn the heat down a little and add the green beans. Simmer for 3 to 5 minutes, or until the beans turn bright green and shiny and are beginning to become tender. (This is imprecise). Dump the green beans into a colander in the sink and drain thoroughly.
4. Return the pan of almonds to the stove over medium-low heat. Add the green beans, turning them with tongs until they become completely coated (or at least well mingled) with the almonds. Sprinkle in the salt as you go. Serve hot, warm, or at room temperature.