



# Sautéed Green Beans

Prep time: 5 min

Cook time: 15-20 min

Serves 4-6

## INGREDIENTS

- 1.5 pounds or 24 ounces fresh green beans, ends trimmed  
**OR**  
20 ounces of frozen whole or French green beans, thawed and drained
- 2 tablespoons olive oil
- 2 medium shallots or 1 small onion, finely sliced
- Salt and pepper to taste
- ¼ cup almond slivers (optional)

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. If using frozen green beans, proceed to step 2. If using fresh green beans:
  - Bring a pot of water to a boil.
  - Prepare a bowl of ice water.
  - Place green beans in boiling water for 3 minutes.
  - Move green beans to the bowl of ice water. Leave in the bowl for 3 minutes. Drain the green beans.
2. Heat 1 tbsp olive oil in pan over medium heat. Sauté shallots or onion until brown and crisp. Set aside in a dish.
3. Add remaining olive oil to the pan. Sauté green beans for 3-5 minutes. Add salt and pepper to taste.
4. Move green beans to the dish with the shallots or onions. Add almonds and toss.
5. Serve and enjoy!