

## Betty's Sauteed Green Beans with Toasted Almond Topping Recipe



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In this video, Betty demonstrates how to make Sauteed Green Beans with Sliced Almond Topping. The green beans are quickly sautéed in a small amount of oil and then served with toasted almond slices on top. This is a gorgeous and healthy dish to serve with a wide array of entrees.

Ingredients:

fresh whole green beans, as desired (I used about 4 cups, and I chose green beans that were small and tender, not the tougher pole-type beans.)

2 tablespoons olive oil or peanut oil, divided

2-oz. sliced almonds

Prepare about 4 cups of green beans by washing them and removing ends and strings. Set aside. Heat 1 tablespoon oil in a deep skillet over medium heat, and add 2-oz. sliced almonds. Reduce the heat to low, and toast the almonds until golden, stirring constantly. Remove the toasted almonds to a small plate with paper toweling to drain. Remove any leftover oil and crumbs from the skillet, and wipe it clean with paper toweling. Now, heat 1 additional tablespoon oil in the skillet, and add the prepared green beans. Saute the green beans over medium heat for just a few minutes, stirring continually, until the green beans are to your taste. They should be crisp-tender, and they should have a bright green color. Remove them fairly quickly, if you like them crisp; let them cook a little longer if you like them more tender. Stir them continuously throughout the cooking process. Place the cooked green beans in a nice serving bowl, and place the toasted almonds over the top. The almonds are tasty, but also provide a nice-looking garnish for any green vegetable. I hope you enjoy this beautiful and nutritious side dish! --Betty ☐