



GENESIS
Health Solutions
WHERE HEALTH BEGINS

FESTIVE GREEN BEAN GREMOLATA

By Dr. Cindy Tanzar
(Standard/Vegan)

Makes 4-6 servings. A serving is 1 cup cooked covering your fat and vegetables.



INGREDIENTS

2 lbs. fresh green beans
2 Tbsp avocado oil
Pink Himalayan salt & black pepper, to taste
1/2 cup sliced almonds

GREMOLATA:

1 large shallot, finely chopped
2 Tbsp white wine vinegar
2 Tbsp avocado or extra virgin olive oil
1 clove garlic, minced
1 tsp. fresh rosemary, chopped
2 tsp. grated orange zest



1/2 cup flat-leaf parsley, chopped
Pink Himalayan salt & black pepper, to taste

DIRECTIONS

Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
Toss green beans with oil, salt and pepper. Roast 25-30 minutes, or to preference.
In a medium skillet, toast the almonds lightly over medium heat. Stir often. Set aside.

Add the shallots and vinegar together and set aside.

In same skillet, heat 2 Tbsp avocado or olive oil on medium heat.
Add garlic and rosemary, stirring until garlic lightly browns.
Remove from heat and toss with almonds, orange zest and parsley.
Add shallots and vinegar. Salt & pepper, to taste.
Place green beans in a large bowl and toss with the gremolata.