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BALSAMIC GREEN BEAN SALAD

By Dr. Cindy Tanzar
(Standard)

Makes 3 servings. A serving is 2 cups raw vegetable and covers your fat and vegetable servings at your meal.



INGREDIENTS

1-1/2 lbs green beans, ends trimmed and cut into 3-inch pieces
1/2 small red onion, finely chopped
3 Tbsp. unfiltered, extra-virgin olive oil
2 Tbsp. balsamic vinegar
1/3 cup chopped almonds
Pink Himalayan salt and fresh-ground pepper to taste

DIRECTIONS

Bring a pot of salted water to a boil. Add the green beans and blanch for 5-6 minutes until crisp-tender.



Prepare a large bowl of ice water while beans are cooking. Remove beans from hot water and place into ice bath to stop the cooking. Drain.

Place the green beans and red onion in a large bowl. Whisk together the olive oil, balsamic vinegar, salt and pepper. Pour over green beans and toss to coat. Top with chopped almonds.