

*Southern Delight®*

## Green Beans Almondine

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### *A Very Low Sodium Recipe*

#### **INGREDIENTS**

16 oz. Fresh (or frozen) Whole Green Beans  
2 Tbsp. Minced Garlic (from jar)  
1/4 C. Sliced Almonds

1/4 C. Extra Virgin Olive Oil  
1 Tbsp. Basil & Oregano Italian Blend  
Shredded Fresh Parmesan Cheese

#### **DIRECTIONS**

Wash Green Beans, remove ends and strings from fresh green beans. Heat 1/4 C. Extra Virgin Olive Oil in 10" skillet. Add Green Beans to hot oil and toss. Add Minced Garlic, Basil & Oregano No-Salt-Added Blend, and Almonds to beans. Cook at medium heat for 8-10 min., or until semi-crunchy. Serve with sprinkling of Shredded Fresh Parmesan Cheese.

Serves 4. Enjoy!

**No Salt Added...*Just Great Taste!*™**

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