



Saute'd Green Beans with Hazel Nuts and Lemon Zest



Ingredients:

- 1 ½ pounds fresh green beans, washed and trimmed
- 2 Tablespoons olive oil
- 1 teaspoon lemon zest
- 1/3 cup chopped hazelnuts
- salt and pepper to taste

Directions:

- In a large pot of boiling water, cook beans for 5 minutes til slightly tender. Drain.
- In frying pan, add olive oil, hazel nuts, salt and pepper. Heat while green beans are boiling.
- Add green beans and saute' for 3-4 minutes.
- Add lemon zest, saute' for 1 minute and serve.
- You can boil the green beans ahead of time (even the previous day)

Nutritional Facts:

Servings: 8

Calories: 86, Fat 6.4g, Fiber: 3.4g, Protein: 2.3g, Potassium, Vitamin A, Vitamin C, Calcium, Iron, Niacin, Magnesium, Folate