

# Green Bean And Almond Salad With Tarragon

Prep Time 10 mins  
Total Time 25 mins

Meal Type Lunch, Side  
Contributed By



Source [Living Plate](#)

Servings 4



## Ingredients

- 1 1/2 lb green beans, *trimmed*
- 1/4 cup sliced almonds raw
- 1 lemon, *zested and juiced*
- 1 tsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp fresh tarragon, *chopped* (1/2 teaspoon dried)
- 1 Tbs olive oil
- salt, *to taste*
- pepper, *to taste*

## Directions

### Prep

1. Remove stems from green beans.
2. Zest and juice lemon.

### Make

1. Steam green beans for two minutes until they turn bright green. Rinse immediately in cold water to stop cooking process.
2. Add 1 tablespoon lemon juice, vinegar, mustard, 1 teaspoon lemon zest, and olive oil to mason jar – shake to combine.
3. Toss beans with dressing to coat. Season with salt and pepper and top with almonds before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

– Show all nutrients –

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