

Mediterranean Green Bean Salad with Toasted Almonds and Feta

A vibrant low-glycemic salad featuring crisp-tender green beans, crunchy almonds, and tangy feta in a bright lemon dressing—perfect for stable blood sugar.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 4

GL 1.4 / GI 20

Ingredients

Toast until golden for enhanced flavor and crunch sliced almonds

Fresh green beans; low GI vegetable rich in fiber green beans, trimmed and cut into 2-3 inch pieces

For steaming the green beans water

Split between cooking and dressing fine sea salt, divided

Heart-healthy monounsaturated fats that support insulin sensitivity extra-virgin olive oil

About half a lemon; may help moderate glycemic response fresh lemon juice

Adds tangy depth without added sugars Dijon mustard

Small to medium clove; supports metabolic health garlic clove, minced or pressed

Several twists to taste freshly ground black pepper

Just a pinch for subtle heat red pepper flakes

Provides protein and calcium with minimal carbs crumbled feta cheese, divided

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Large leaves for fresh herbal notes fresh basil leaves, torn or chopped

From about half a lemon for bright finishing touch lemon zest

Instructions

Step 1

Place a large skillet over medium heat and add the sliced almonds. Toast them while stirring constantly to prevent burning, about 3 minutes. Lower the heat to medium-low and continue stirring until the almonds become fragrant and develop golden edges, another 1 to 3 minutes. Immediately transfer the toasted almonds to a small bowl and set aside to cool.

Step 2

Return the empty skillet to medium-low heat. Add the trimmed and cut green beans along with the water and half of the salt (1/4 teaspoon). Cover the skillet with a lid and let the beans steam, stirring occasionally, until they're nearly tender but still have a slight bite, approximately 7 to 10 minutes.

Step 3

Remove the lid from the skillet and increase the heat to medium-high. Continue cooking the green beans, stirring frequently, until all the water has evaporated and the beans are crisp-tender, about 2 to 5 minutes. Remove the skillet from heat and set aside.

Step 4

While the green beans are cooking, prepare the dressing by whisking together the olive oil, lemon juice, Dijon mustard, minced garlic, black pepper, red pepper flakes, and the remaining 1/4 teaspoon of salt in a small bowl. Set the dressing aside until ready to use.

Step 5

Once the green beans have finished cooking and the water has evaporated, give the dressing another quick whisk to recombine, then pour it directly over the warm green beans in the skillet. Add the toasted almonds back to the skillet along with half of the crumbled feta cheese, reserving the rest for garnish.

Step 6

Toss everything together thoroughly to coat the green beans evenly with the dressing and distribute the almonds and cheese throughout. Taste and adjust the seasoning, adding more lemon juice for brightness or black pepper for heat if desired.

Step 7

Transfer the dressed green bean salad to a serving platter or bowl. Garnish with the remaining crumbled feta cheese and the torn or chopped fresh basil leaves. Finish by grating fresh lemon zest over the top for an aromatic citrus note. Serve immediately while still slightly warm, or allow to cool to room temperature. This salad is best enjoyed fresh but can be refrigerated for up to 2 days.