

Mediterranean Green Bean Salad with Toasted Almonds and Feta

Crisp-tender green beans meet crunchy almonds and tangy feta in this vibrant Mediterranean salad—a blood sugar-friendly side that's as nutritious as it is delicious.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 4

GL 1.4 / GI 20

Ingredients

for toasting sliced almonds

fresh, ends trimmed green beans, trimmed and cut into 2-3 inch pieces

for steaming water

divided use fine sea salt, divided

high-quality extra-virgin olive oil

from about half a lemon fresh lemon juice

for dressing Dijon mustard

minced or pressed garlic clove, small to medium

several twists freshly ground black pepper

pinch for heat red pepper flakes

divided for mixing and garnish crumbled feta cheese, divided

torn or chopped for garnish fresh basil leaves, large

from about half a lemon, for garnish 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 same skillet to medium-low heat. Add the trimmed and cut green beans along with the water and half of the salt (about 1/4 teaspoon). Cover the skillet with a lid and let the beans steam, stirring occasionally, until they become crisp-tender, 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 perfectly tender with a slight bite, about 2 to 5 minutes. Remove from heat and set the skillet aside.

Step 4

While the green beans are cooking, prepare the lemon-Dijon dressing. In a small bowl, whisk together the extra-virgin olive oil, fresh lemon juice, Dijon mustard, minced or pressed garlic, black pepper, red pepper flakes, and the remaining 1/4 teaspoon of salt until well combined and emulsified.

Step 5

Once the green beans are cooked, give the dressing another quick whisk to recombine, then pour it directly over the warm green beans in the skillet. Add the toasted almonds and half of the crumbled feta cheese, reserving the rest for garnish. Toss everything together gently but thoroughly until the beans are evenly coated.

Step 6

Taste the salad and adjust the seasoning as needed—add more lemon juice for brightness or additional black pepper for depth. The warm beans will absorb the flavors beautifully.

Step 7

Transfer the dressed green bean salad to a serving bowl or platter. Garnish with the remaining crumbled feta cheese and the torn or chopped fresh basil leaves. Use a microplane or fine grater to add a light dusting of fresh lemon zest over the top. Serve immediately while still slightly warm, or allow to cool to room temperature for a refreshing side dish.