

# Crispy Almond Green Beans with Lemon & Garlic

*Tender-crisp green beans tossed with toasted almonds, aromatic shallots, and bright lemon create a blood sugar-friendly side dish that's elegant and effortless.*

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 4

**GL 1.1 / GI 21**

## Ingredients

**Low GI (15) - excellent for blood sugar control, high in fiber** fresh green beans, preferably haricot verts, trimmed

**Provides healthy fats and protein to slow glucose absorption** sliced almonds

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

**Lower glycemic impact than onions, adds aromatic depth** shallot, thinly sliced

**For seasoning and blanching water** sea salt, plus more for seasoning

**May help improve insulin sensitivity and glucose metabolism** garlic clove, grated

**Citric acid can help lower glycemic response of meals** fresh lemon juice

**Contains piperine which may enhance metabolic function** freshly ground black pepper

# Instructions

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## Step 1

Prepare an ice bath by filling a large bowl with cold water and ice cubes, then set aside. Bring a large pot of salted water to a rolling boil over high heat.

## Step 2

Add the trimmed green beans to the boiling water and blanch for exactly 2 minutes until bright green and tender-crisp. Immediately drain the beans in a colander.

## Step 3

Plunge the drained green beans into the ice bath to halt the cooking process and lock in their vibrant color. Let sit for 1 minute, then drain thoroughly and pat completely dry with a clean kitchen towel.

## Step 4

Place a cast-iron skillet or heavy-bottomed pan over medium heat. Add the sliced almonds to the dry pan and toast, stirring frequently, for 2 to 3 minutes until golden brown and fragrant. Transfer the toasted almonds to a small bowl and set aside.

## Step 5

Return the skillet to medium heat and add the olive oil. Once shimmering, add the sliced shallot and sea salt. Sauté for 2 minutes, stirring occasionally, until the shallot softens and becomes translucent.

## Step 6

Add the blanched green beans to the skillet and toss to coat with the oil and shallots. Sauté for 2 to 4 minutes, stirring frequently, until the beans are heated through and develop slight caramelization on some edges.

## Step 7

Remove the pan from heat and immediately add the grated garlic and fresh lemon juice. Toss everything together vigorously for 30 seconds, allowing the residual heat to soften the garlic without burning it.

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## Step 8

Taste and adjust seasoning with additional salt and freshly ground black pepper as needed. Transfer to a serving platter, scatter the toasted almonds over the top, and serve immediately while hot.