

Warm Garlic Butter Beans with Fresh Lemon

A Mediterranean-inspired side dish featuring creamy butter beans in fragrant garlic oil with bright lemon—ready in just 10 minutes for stable blood sugar.

Prep: 5 min

Cook: 5 min

Total: 10 min

Servings: 4

GL 14.4 / GI 29

Ingredients

healthy fat to slow glucose absorption extra virgin olive oil

supports insulin sensitivity garlic clove, crushed

low GI legume, approximately 2 standard 400g cans canned butter beans, drained and rinsed

acidity lowers glycemic response fresh lemon, zest and juice

small bunch, adds freshness and nutrients fresh flat-leaf parsley, roughly chopped

Instructions

Step 1

Drain the canned butter beans thoroughly in a colander and rinse them under cold running water to remove excess sodium. Set aside to drain completely while you prepare the other ingredients.

Step 2

Peel and crush the garlic clove using the flat side of a knife or a garlic press. Zest the lemon using a microplane or fine grater, being careful to only remove the bright yellow outer layer. Cut the lemon in half and juice it, removing any seeds.

Step 3

Rinse the parsley under cold water, pat dry with paper towels, and roughly chop the leaves, discarding the thick stems. You should have about 3-4 tablespoons of chopped parsley.

Step 4

Heat the olive oil in a large frying pan or skillet over medium heat. Add the crushed garlic and cook gently for 60-90 seconds, stirring frequently, until fragrant and just beginning to turn golden. Be careful not to burn the garlic as it will become bitter.

Step 5

Add the drained butter beans to the pan with the garlic oil. Stir gently to coat all the beans in the aromatic oil and warm them through for 2-3 minutes, stirring occasionally. The beans should be heated through but not mushy.

Step 6

Remove the pan from the heat. Immediately stir in the lemon zest, lemon juice, and chopped parsley. Season generously with freshly ground black pepper and a pinch of sea salt to taste, keeping in mind that canned beans already contain some sodium.

Step 7

Transfer the warm butter bean salad to a serving dish and serve immediately while still warm, or allow to cool to room temperature. This dish pairs beautifully with grilled fish, roasted chicken, or as part of a Mediterranean mezze spread. Leftovers can be refrigerated in an airtight container for up to 3 days and enjoyed cold or gently reheated.