

Swiss Green Beans

Makes 4-5 servings



Ingredients

- 1½ lbs of green beans (6 cups)
- 2 large garlic cloves - minced
- 1 tsp of tarragon - dried
- 1 tbsp of dill - fresh, minced
- ½ tsp of salt
- pepper to taste
- 2 tsp of dijon
- ½ cup of parsley - fresh minced
- ½ lb swiss cheese -cut into strips
- ½ cup of olives - ripe, chopped
- 1 small green bell pepper- sliced
- 1 small red bell pepper -sliced
- 3-4 tbsp of lemon juice
- 1 tbsp of red wine vinegar
- ½ cup of almonds- toasted

Directions

- ⌘ Steam the green beans until just tender.
- ⌘ Remove from heat, and immediately rinse under cold running water. Drain well
- ⌘ Combine next 12 ingredients & add the drained beans to the bowl
- ⌘ Toss until everything is well distributed
- ⌘ Cover tightly and let marinate, at room temperature or refrigerated, for at least 2 to 3 hours.
- ⌘ Stir in lemon juice and vinegar within about 10 minutes of serving.
- ⌘ Serve cold or at room temperature.
- ⌘ Top with almonds immediately before serving.

Nutrients (approximately)

317 Calories per serving,
Fat 20g, Saturated Fat 5, Sodium 14mg,
Carbohydrates 16.2g, Fiber 7.5, Sugars 3.6, Protein 9g

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