



# *Balsamic & Almond Green Beans*



*The Flying Kitchen*  
Cooking School

by Shannon Vavich

So easy and so delicious!! These savory and tangy green beans are perfectly balanced by the toasted nuttiness of the almonds. A pat of butter makes them oh so creamy and fabulous!

Try these as a side dish for a big lavish meal or as a light lunch.

1 Tablespoon olive oil  
1 pound fresh green beans, stems removed  
2 Tablespoons balsamic vinegar  
a couple pinches salt  
1/8 teaspoon garlic powder  
1/8 teaspoon pepper  
1 Tablespoon butter  
1/4 cup blanched, slivered almonds  
additional salt and pepper, to taste

In a hot, heavy-bottomed pan, add olive oil and all of the green beans. Let the green beans sizzle a little. Turn bunches of them with tongs, just to make sure they are all getting a chance to sizzle. Heat and turn for about three minutes.

Add 2 tablespoons balsamic vinegar and continue to move the green beans around the pan.

Add the salt, garlic powder and pepper.

When the green beans are mostly seared, push them to the edges of the pan and add a pat of butter. Let the butter melt, then add the almonds.

Let the almonds toast on the pan. When the almonds have turned a golden brown, immediately take the pan off the heat and transfer the green beans and almonds to a serving platter.

Enjoy! Thanks so much for being here!

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