Dinner

Green Beans with Cranberries and Crunchy Hazelnuts

Quickly softened green beans are crowned with a chunky blend of olive oil, chopped hazelnuts and dried cranberries, then finished with a scattering of lemon zest. A simple, colorful side built for a festive table.



Vegan | Gluten free | Dairy free

13 min	40	6 g	3 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 1 1/4 lbs fresh green beans (trimmed)
- [ ] 2 tsp olive oil
- [ ] 2 1/2 tbsp hazelnuts (chopped)
- [ ] 2 tbsp dried cranberries
- [ ] 1/8 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 1 tbsp lemon zest (from 1 med lemon)

Method

- [ ] **1** Stir the olive oil, hazelnuts, dried cranberries, salt and black pepper together in a small bowl.
- [ ] **2** Fill a large pot 2/3 full with water and bring it to a boil.
- [ ] **3** Add the fresh green beans, turn off the heat and let them stand in the hot water for 3 minutes.
- [ ] **4** Drain the green beans and transfer them to a serving bowl or platter.
- [ ] **5** Spoon the olive oil, hazelnut and dried cranberry mixture evenly over the beans.
- [ ] **6** Scatter the lemon zest over the top before serving.

Nutrition Facts

Per serving

Calories	**40**
Total fat	2 g
Saturated fat	0 g
Sodium	35 mg
Total carbs	6 g
Fiber	2 g
Total sugars	3 g
Protein	1 g

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