Breakfast

Tender Green Beans with Toasted Hazelnuts

Blanched haricots verts are warmed in olive oil with sweet golden onion and finished with crunchy chopped hazelnuts.



20 min	130	14 g	5 g
time	calories	carbs	sugars

Vegan | Gluten free | Dairy free

Ingredients, 6 servings

- [ ] 1 1/2 lbs haricots verts (green beans) (stem ends trimmed)
- [ ] 2 tbsp extra virgin olive oil (divided use)
- [ ] 1 med yellow onion (diced)
- [ ] 1/2 tsp sea salt
- [ ] 1/8 tsp black pepper (freshly ground)
- [ ] 1/3 cup hazelnuts, blanched

Method

- [ ] **1** Set the oven to 375°F so it is ready when you need it for the hazelnuts.
- [ ] **2** Fill a pot with water and let it come to a boil, then drop in the haricots verts. Lower the heat to medium and let them cook until just tender, 3 to 4 minutes. Drain them, shock them in a bath of ice water to stop the cooking, then drain again and set aside. You can do this part up to a day ahead.
- [ ] **3** Pour 1 tablespoon of the extra virgin olive oil into a large wide skillet and set it over medium heat. Add the diced yellow onion along with the sea salt and the black pepper. Let everything cook, stirring now and then, until the onion turns light golden brown, which takes 4 to 5 minutes.
- [ ] **4** While the onion cooks, spread the hazelnuts out in a baking pan and slide them into the oven until their color deepens, 5 to 7 minutes. Give them a rough chop and set them aside.
- [ ] **5** Place the remaining 1 tablespoon of extra virgin olive oil in a large skillet over medium-high heat. Add the haricots verts and let them warm through, stirring occasionally, about 3 minutes. Tumble in the cooked onion and the hazelnuts and cook for 1 additional minute. Pile everything into a serving dish and serve.

Nutrition Facts

Per serving

Calories	**130**
Total fat	12 g
Saturated fat	1 g
Sodium	200 mg
Total carbs	14 g
Fiber	4 g
Total sugars	5 g
Protein	4 g

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