



Frenched Green Beans with Macadamia Nuts*

prep time:
15 minutes

cook time:
15 minutes

makes 4 servings

grocery list

ShopRite butter
2 fresh shallots
1 lb. fresh green beans
ShopRite macadamia nuts
fresh flat leaf parsley

*Exclusive Chef Faith Alahverdian recipe.

frenched green beans with macadamia nuts

- 4 tbsp. ($\frac{1}{2}$ stick) ShopRite butter
- 2 shallots, minced
- 1 lb. fresh green beans, cleaned and cut into quarters lengthwise
- $\frac{3}{4}$ cup coarsely chopped ShopRite macadamia nuts, toasted
- 1 tbsp. chopped fresh flat leaf parsley

1. In a large sauté pan, cook butter until it turns a nutty brown color. Add shallots. Cook over low heat until soft. Set aside.
2. Bring a large pot of salted water to a boil over high heat. Meanwhile, prepare a large bowl of ice and cold water; set aside. Add beans to boiling water and cook until crisp-tender. Immediately remove from hot water and plunge into ice water; drain well.
3. Add beans back into sauté pan. Season with kosher salt and freshly ground pepper to taste. Toss with shallots and nuts over medium heat until warm. Before serving, add in the parsley.

Per Serving: 320 calories, 13g carbohydrate, 4g protein, 31g fat, 6g fiber, 30mg cholesterol, 0mg sodium

cook's journal

kitchen tools

- cutting board
- chef's knife
- dry measuring cups
- measuring spoons
- large pot
- large bowl
- ice
- large sauté pan

recipe note

Plunging the green beans in ice water stops the cooking process and preserves the beans' bright color and crisp-tender texture.

a good idea

This recipe works equally well with toasted chopped walnuts, pecans, almonds, or pine nuts.

