

Side

## Haricot Verts with Lemon & Herbs

**10 Mins**  
Prep Time

**5-6 Mins**  
Cook Time


**4**  
Servings

**103 Calories** **7g Fat** **9g Carbs** **3g Protein**



## Ingredients

**4 Servings** **15-16 Mins Total Time** **Allergens: FODMAPs**

**1 lb** Haricot Verts (thin French green beans)  
or Traditional Green Beans, washed and trimmed 

**2 Tbsp** Extra Virgin Olive Oil

**¼ Tsp** Onion Powder

**1½ Tbsp** Fresh Parsley, chopped

**1½ Tbsp** Fresh Thyme, chopped

**¾ Tsp** Lemon Zest

**4 Tsp** Lemon Juice

**¼ Tsp** Salt

### Allergen Swap

**FODMAPs** Omit onion powder

### Nourishment Note



#### **Green Beans**

Green beans are a tolerable food for people with chronic digestive issues. Green beans also contain folate, vitamin C, and vitamin A, all important nutrients in irritable bowel disease.

## Instructions

### 1. Boil Water & Trim Beans

Set salted water to boil in a large saucepan. While waiting for water to boil, wash and trim ends of haricot verts.

### 2. Mix Ingredients

In a bowl, mix together the extra virgin olive oil, salt, onion powder, parsley, thyme, lemon zest, and lemon juice and set aside.

### 3. Cook Beans

When the water begins to boil, add haricot verts and cook, uncovered, until crisp-tender, 5-6 minutes.

### 4. Prepare Ice Bath

While haricot verts are cooking, prepare an ice bath (a large bowl of ice water).

### 5. Transfer Beans

When beans have cooked approximately 5-6 minutes, transfer them to the ice bath to stop cooking.

### 6. Add Herbs & Enjoy

Finally, transfer haricot verts to the bowl with lemon/herb mixture and toss gently to coat. Serve and enjoy.

Recipe adapted from [epicurious.com](https://www.epicurious.com)

## What You'll Need



Large Saucepan



Measuring Spoons



Knife



Cutting Board



Microplane/Lemon Zester



Large Bowl



Spoon

### Remission Remix

- Toss with slivered almonds for a boost in healthy monounsaturated fatty acids.