

## Garlic Green Beans

### Day 1

Fill a stock pot half full of water, bring to a boil. Add 1 tsp. salt.

Wash 2 pounds of fresh green beans.

Cut green beans into 2 inch pieces.

Prepare an ice bath (large mixing bowl with ice and water)

Drop green beans into boiling water for 1 minute. Drain water; pour beans into ice bath for 5 minutes. Drain. (place in ziplock bag).

**The next day:** Heat 2 - 3 tablespoons of garlic oil in a large skillet. Add beans, sauté 3 - 5 minutes, until heated through. Add 1/2 cup sliced roasted almonds.

Serve.