

GREEN BEANS AMANDINE

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/4 cup slivered almonds 50ml

1/4 cup butter or margarine 50 ml

1 lb fresh green beans, cut into 1 1/2" (3.5 cm) pieces 500 g

1/4 cup water 50 ml

1/2 tsp salt 2ml

Dash ground nutmeg, optional

Procedure:

1. Combine almonds and butter in a 2-cup (500 ml) glass measuring cup.
2. Cook at **P7** 1 - 2 minutes, or until almonds are lightly browned, reserve.
3. Combine beans and water in a 1-quart (1 L) casserole.
4. Cook, covered with lid at **P7** 4 - 6 minutes, or until beans are tender, stir once.
5. Add remaining ingredients and almonds and butter.
6. Let stand, covered, 3 minutes before serving.

Chefs Tip:

Ok, Ok, this is really "old school" but remember, cooking any vegetable by microwave retains more of their nutrients than any other method of cooking – Who says so? Cornell University Division of Nutritional Sciences, that's who!