

Balsamic Green Beans With Walnuts

AUTHOR: [Katie Webster](#) **TOTAL TIME:** 15 minutes

YIELD: 6 cups



These Balsamic Green Beans with Walnuts are one of my favorite vegetable side dishes of all times! Simple, quick, elegant and delicious.

Ingredients

UNITS SCALE

- 4 teaspoons extra-virgin olive oil
- 4 teaspoons minced garlic
- 1/2 cup chopped walnuts, toasted
- 2 teaspoons aged balsamic vinegar
- 1/2 teaspoon kosher salt
- 1 pound green beans, trimmed (about 8 cups)

Instructions

1. Heat oil in a small skillet over medium heat. Add garlic and cook, stirring until the garlic is just barely showing signs of turning brown, 30 to 90 seconds. Immediately pour into a large mixing bowl to stop cooking.
2. Meanwhile, add 1 to 2 inches of water to a large pot fitted with a steamer attachment, cover and bring to a boil over high heat. Add green beans to steamer, and cook, covered until the beans are crisp tender, 4 to 5 minutes.
3. Transfer the green beans to the bowl. Add walnuts, balsamic and salt and toss to coat.

Notes

These green beans are best prepared and served immediately, though they can be reheated. For best results, reheat in the microwave, covered with parchment only until steaming hot. They may discolor due to the balsamic vinegar.

Nutrition

SERVING SIZE: 1 cup **CALORIES:** 125 **SUGAR:** 1 g **SODIUM:** 94 mg **FAT:** 10 g

SATURATED FAT: 1 g CARBOHYDRATES: 7 g FIBER: 3 g PROTEIN: 3 g

Find it online: <https://www.healthyseasonalrecipes.com/green-beans-with-walnuts-and-balsamic/>