

Farmers Market Fun Family Recipes



Serving Size: $\frac{3}{4}$ Cup

Yield: 8 servings

Ingredients

- 2 pounds green beans, trimmed
- 2 bacon slices
- $\frac{1}{4}$ cup minced shallots
- 3 Tablespoons coarsely chopped almonds
- $\frac{1}{4}$ cup white balsamic vinegar
- 2 Tablespoons brown sugar

Instructions

1. Cook beans in boiling water 8 minutes or just until crisp-tender.
2. Drain and rinse with cold water. Drain well; set aside.
3. Cook bacon in a small skillet over medium-high heat until crisp. Remove bacon from pan, and crumble.
4. Add shallots to bacon drippings in pan; sauté 1 minute.

– Over –





Nutrition information:

Calories: 99

Carbohydrate: 12 gm

Fiber: 4 gm

Fat: 5 gm

Protein: 3 gm

Cholesterol: 4 mg

Sodium: 50 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



5. Add almonds; sauté 1 minute. Remove pan from heat and cool.
6. Add vinegar and sugar to pan and stir until sugar dissolves. Add crumbled bacon.
7. Pour vinaigrette over beans, tossing gently to coat.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

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