



A Recipe from



DR. SINATRA'S
**CARDIOPROTECTIVE
GREEN BEANS**

These are crunchy, buttery, and lightly steamed to bring out their peak flavor. Green beans are loaded with heart-healthy minerals, potassium, and calcium.

- 4 cups (400 g) green beans, cut into 1 inch (2.5 cm) pieces
- 1 teaspoon finely chopped fresh [ginger](#), peeled
- ½ teaspoon salt, Celtic or sea
- 1 teaspoon butter or extra-virgin [olive oil](#)
- 1 tablespoon (15 ml) fresh lemon or lime juice
- 3 tablespoons (21 g) slivered, roasted almonds
- 4 tablespoons finely chopped fresh parsley (16 g) or [cilantro](#) (4 g)

Place the beans in a medium bowl, add the ginger and salt, and mix lightly. Place the beans in a steamer on medium to high heat and cook for 7 to 10 minutes, until bright green and still crisp. Remove from the heat and place in a serving dish. Add the butter or oil and let it melt into the beans. Toss with lemon or lime juice and sprinkle with almonds and parsley or cilantro.

Yield: 4 servings

Note: If you are unable to obtain fresh green beans, use frozen, because they will still retain at least 90 percent of their B vitamins.

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