



# Crisp Green Bean & Juicy Tomato Salad with Citrus Avocado Drizzle

Prep Time: 10 minutes | Cook Time: 10 minutes | Difficulty: Easy

## INGREDIENTS

- 1 lb fresh green beans, trimmed
- 1 pint cherry tomatoes, halved
- ½ small red onion, thinly sliced
- 2 garlic cloves, minced
- ¼ cup fresh basil leaves, roughly torn For the Citrus Avocado Drizzle:
- 1 ripe avocado, pitted and peeled
- Juice of 1 lime
- 2 tbsp avocado oil
- 1 tbsp liquid aminos
- ½ tsp agave
- 1-2 tbsp water (to thin, as needed)
- Sea salt, to taste
- A pinch of crushed red pepper flakes (optional, sparingly)

## INSTRUCTIONS

- 1** Blanch the Green Beans (5 minutes): In a medium pot, bring water to a rapid boil with a pinch of sea salt. Add the green beans and cook for about 3 minutes until they're vibrant and just tender. Immediately transfer them to an ice bath or run them under cold water for 2 minutes to stop the cooking process. Drain and set aside.
- 2** Prepare the Veggie Mix (3 minutes): In a large bowl, combine the halved cherry tomatoes, thinly sliced red onion, and minced garlic. Give it a gentle toss so the flavors begin to mingle.
- 3** Make the Citrus Avocado Drizzle (3 minutes): In a blender or food processor, add the avocado, lime juice, avocado oil, liquid aminos, agave, and a few pinches of sea salt. Blend until smooth, adding water a tablespoon at a time until the dressing is pourable but still creamy. Taste and adjust salt if needed.
- 4** Toss Together (2 minutes): Add the blanched green beans to the bowl with tomatoes and onions. Drizzle the Citrus Avocado Drizzle over the veggies and gently toss. Fold in the torn basil leaves and, if you like a touch of heat, sprinkle a pinch of crushed red pepper flakes.
- 5** Final Touch (optional, 1 minute): Let the salad sit for a minute or two at room temperature to let the flavors meld together. Taste and adjust seasoning—you might prefer a bit more salt or lime juice, so go for it!

