

SIDE DISH

Virginia's Green Beans Provencal

10 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	6	\$0.69	79 kcal



You can never have too many side dish recipes, so give Virginia's Green Beans Provencal a try. One portion of this dish contains roughly 3g of protein, 4g of fat, and a total of 79 calories. This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe serves 6 and costs 69 cents per se...

Ingredients

- ☐ 2 tablespoons freshly chopped basil leaves
- ☐ 1 clove garlic, very finely chopped
- ☐ 15 kalamata olives, pitted and halved
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 tomatoes, diced
- ☐ 6 servings Freshly ground black pepper
- ☐ 1½ pounds haricots verts, ends trimmed
- ☐ 1 tablespoon olive oil
- ☐ 6 servings Salt

EQUIPMENT Bowl, Pot, Colander

Method

- 1 Prepare an ice-water bath by filling a large bowl with ice and water
- 2 Bring a large pot of salted water to a rolling boil over high heat.
- 3 Add the beans and cook until crisp-tender, about 2 minutes.
- 4 Drain well in a colander, then set the colander with beans in the ice-water bath, making sure the beans are submerged.
- 5 Drain the beans, shaking off the excess water.
- 6 In the same pot, heat the oil over low heat.
- 7 Add beans, garlic, tomatoes, olives and basil, and toss to combine.
- 8 Drizzle vinegar over beans and toss to coat. Taste and adjust for seasoning with salt and pepper.
- 9 Serve hot, warm, or cold.

Nutrition per serving

79	3 g	4 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Fibre			3.9 g · 16% of daily needs
Sugar			4.8 g · 5% of daily needs
Sodium			359 mg · 16% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			19.7 mg · 24% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/virginias-green-beans-provencal-141899