

Lemony Green Beans*

4 servings

It is important to eat a variety of vegetables because different vegetables provide different nutrients. Try to include different colored vegetables at each meal.



- 1 pound fresh green beans, gently rubbed under cold running water, trimmed
- 1 ½ teaspoons lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon pepper

1. Wash hands with soap and water.
2. Cook green beans by steaming for 5 minutes.
3. Drain and return to pan.
4. Add lemon juice, oil, salt, and pepper. Stir gently to coat.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

*Try using this recipe with other vegetables too!

Nutrition Information per Serving: (1/4 of recipe) Calories 40, Total Fat 1.5g, Saturated Fat 0g), Cholesterol 0mg, Sodium 420mg, Total Carbohydrate 7g, Dietary Fiber 3g, Sugars 1g, Protein 2g, Vitamin A 15%, Vitamin C 8%, Calcium 6%, Iron 6%.