



## **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
- 1/4 teaspoon salt
- 1/2 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.

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

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<sup>\*</sup>Try using this recipe with other vegetables too!