

Lemon Pepper Green Beans

Makes 4 servings

Ingredients

- ¼ cup water
- 1 ½ pounds fresh green beans, trimmed
- ½ tablespoon lemon pepper seasoning
- 1 tablespoon extra-virgin olive oil

Directions

1. In a medium (covered) microwave-safe dish, microwave water and green beans on high for 3 to 5 minutes, stopping halfway through to stir.
2. Remove cover and add remaining ingredients. Toss until green beans are evenly coated.
3. Enjoy warm!



SIDE DISH



TIP

You can also use frozen green beans for this recipe! Simply cut the water (there will be enough moisture from the ice crystals) and increase cooking time to 7 to 9 minutes, stirring halfway through.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 cup (about 10 beans)
(171g)
Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 16%

Sugars 5g

Protein 3g

Vitamin A 20% Vitamin C 30%

Calcium 6% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: ½