



Warm Green Bean Salad

Makes 6 servings

Ingredients

- pinch of freshly ground black pepper
- 1 tablespoon minced onion
- 1 tablespoon white balsamic vinegar
- 1 tablespoon spicy brown mustard
- 2 tablespoons walnut oil
- ¼ cup walnuts, chopped
- 12 ounces fresh green beans, trimmed
- 1 ½ cups cherry tomatoes (12 to 18), halved
- 1 tablespoon fresh basil, chopped
- 6 cups bibb lettuce, shredded

Directions

- In a small bowl, whisk together black pepper, onion, vinegar and mustard. Gradually whisk in walnut oil. Set aside.
- In a small dry skillet, toast walnuts over medium-high heat for 1 to 2 minutes or until walnuts are light-brown in color. Place in a small bowl and set aside.
- Bring a large pot of water to a boil. Add trimmed green beans and boil for 4 to 6 minutes. Drain and place in a large bowl. Add tomatoes and basil and toss to combine. Add dressing (made in step 1) and toss until green bean mixture is well-coated.
- Divide shredded lettuce into 6 salad bowls. Add ½ cup of the green bean mixture to each bowl, then sprinkle toasted walnuts (made in step 2) on each. Serve warm.



SIDE DISH



TIP

You can also use frozen (thawed) green beans for this recipe.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 cup lettuce topped with 1/2 cup bean mixture (113g)
Servings Per Container 6

Amount Per Serving

Calories 100 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 3g

Protein 2g

Vitamin A 15% Vitamin C 20%

Calcium 4% Iron 4%

*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	60g
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

Recipe contains: nuts

Carb choices per serving: ½