

Cool Green Bean Salad

Serving Size: 1/4 of recipe

Serves: 4

Ingredients

4 cups boiling water

4 teaspoons lemon juice

1 pound fresh green beans

3 tablespoons extra virgin olive oil

1 tablespoon cider vinegar

¼ teaspoon prepared mustard

a pinch of salt

pepper to taste

1 clove garlic, thinly sliced

1 tablespoon fresh basil

1 small red onion, thinly sliced

1 sprig fresh mint leaves

Directions

In a medium saucepan, combine the boiling water and lemon juice. Blanch the green beans for 5 minutes, or until crisp tender; drain and reserve.

In a medium bowl, combine the olive oil, vinegar, mustard, salt and pepper. Stir in the garlic and basil.

Add the green beans, onion, and fresh mint. Toss to coat.

Exchanges per serving:

2 Vegetables, 2 Fats

Nutrients per serving:

Calories: 140

Calories from fat: 91

Total Fat: 10g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 38mg

Carbohydrate: 12g

Dietary Fiber: 4g

Protein: 2g