

# SIMPLE ZESTY GREEN BEANS

*Yield: 4 Portions*

| <b>Ingredients</b>     | <b>Amounts</b> |
|------------------------|----------------|
| Green beans, trimmed   | 1 lb.          |
| Salt                   | 1 tsp.         |
| Extra-virgin olive oil | 2 tsp.         |
| Salt, a pinch          | 1 ea.          |
| Black pepper, ground   | ½ tsp.         |
| Orange or lemon zest   | 1 tsp.         |

## **Method**

1. Fill a large bowl with cold water and some ice cubes. Set aside.
2. Place a large heavy bottomed pot with water over high heat. Bring to a boil and add salt.
3. Add beans. Maintain water at a boil and cook for 6 minutes or so, until soft on the outside but still a bit crisp on the inside.
4. Drain beans and plunge into the ice bath. This will stop the cooking process and preserve a nice green color to your vegetables. Drain again. At this stage, you can finish the beans to serve or save for a later meal.
5. *To finish:* heat a swirl of olive oil in a pan.
6. Toss beans in the warm oil and sauté until heated through, about 2 to 3 minutes.
7. Season with salt, pepper, lemon zest and serve.

## **Nutrition Information (per serving/portion)**

Calories: 45/Protein: 3 g/Carbohydrate: 5 g/Fiber: 2.5 g/Carbohydrate to fiber ratio: 2  
Saturated fat: 0.5 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 1.5 g  
Trans fat: 0g/ Sodium: 290 mg/Potassium: 5 mg / Added sugar: 0 g

Source: Julia Nordgren, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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