

# Zesty Green Beans

6 servings

## Time:

20 minutes

## Ingredients:

- 1 pound green beans
- $\frac{1}{2}$  cup green pepper, chopped
- 1 tomato, chopped
- $\frac{1}{3}$  cup sliced onion
- 3 Tablespoons zesty Italian salad dressing

## Equipment:

- Chef knife and serrated dinner knife
- Cutting board
- Measuring spoons and cups
- Medium pot with steamer
- Large mixing bowl
- Stove or electric burner
- Plates, forks, napkins for serving

## Directions:

1. Cut beans and other vegetables into slices.
2. Steam over boiling water for approximately 5-8 minutes.
3. Add Italian dressing and mix.



## Nutrition Facts

Serving Size 1 SERVING (124g)

Servings Per Container 6

Amount Per Serving

**Calories** 70    Calories from Fat 35

%Daily Value\*

**Total Fat** 3.5g    **6%**

Saturated Fat 0.5g    **3%**

**Cholesterol** 0mg    **0%**

**Sodium** 65mg    **3%**

**Total Carbohydrate** 9g    **3%**

Dietary Fiber 3g    **13%**

Sugars 3g

**Protein** 2g

Vitamin A 15%    •    Vitamin C 45%

Calcium 4%    •    Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.