



Green Beans with Tomato and Basil

Servings: 6

Serving Size: 1 cup

Ingredients:

- 1 pound fresh green beans
- 1 Tablespoon vegetable oil
- 1 onion, finely chopped
- 1 -(14 ounce) can tomatoes, drained and chopped
- 1 Tablespoon chopped fresh basil, or ½ teaspoon dried
- 1 Tablespoon chopped fresh parsley, or ½ teaspoon dried
- Salt and pepper to taste

Directions:

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold water. Set aside.
2. In a large frying pan, heat oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil, and parsley. Cook 3 minutes to heat and combine flavors. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 60 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 12%

Sugars 5g

Protein 2g

Vitamin A 20% • Vitamin C 35%

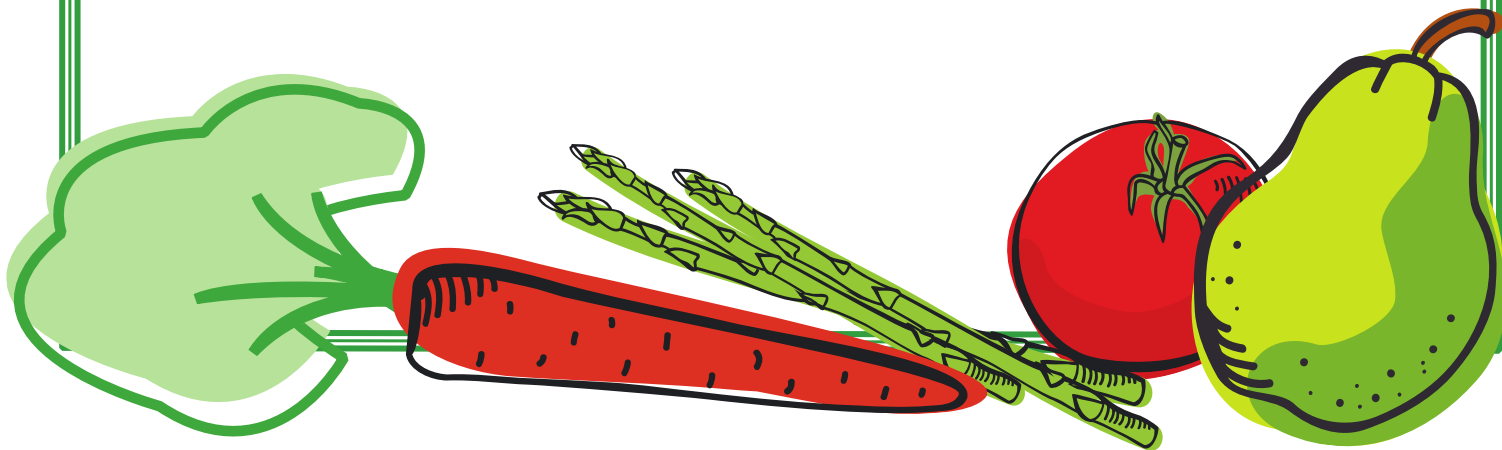
Calcium 4% • Iron 6%

*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



For more recipes: www.eatsmart.umd.edu