

Lemony Green Beans

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 pound fresh green beans, gently rubbed under cold running water, trimmed
- 1 ½ teaspoons lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Instructions

1. Wash hands with soap and water.
2. Cook green beans by steaming for 5 minutes.
3. Drain and return to the pan.
4. Add lemon juice, olive oil, salt, and pepper. Stir gently to coat.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/4 of recipe): Calories 40, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 420mg, Total Carbohydrates 7g, Fiber 3g, Total Sugars 1g, Protein 2g, Vitamin A 15%, Vitamin C 8%, Calcium 6%, Iron 6%



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