

UGA DEPARTMENT OF FOODS AND NUTRITION

MAKES 6 SERVINGS | ½ CUP PER SERVING | 30 CALORIES PER SERVING | \$.38 PER SERVING



INGREDIENTS

- 2 cups fresh green beans (washed with ends removed)
- ¼ cup chopped onion
- ½ cup chopped green pepper
- 1 teaspoon margarine
- 2 medium tomatoes, chopped
- ¼ teaspoon basil
- ¼ teaspoon black pepper

METHOD

- Cover and cook beans in ¼ cup boiling water until just under tender (about 5 minutes). Drain well. In a separate pan, cook onion and green pepper in margarine until tender. Add tomatoes, basil, pepper, and beans. Mix well. Heat thoroughly.



BENEFITS

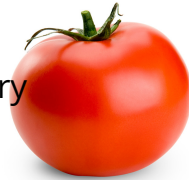
- Green beans are a great source of dietary fiber and Vitamin C.

COOKING TIPS

- Frozen green beans can be substituted for fresh, just decrease your cook time to 2 minutes.

STORAGE TIPS

- Onions should be kept in a cool dry place.
- Tomatoes should be stored on the counter away from sunlight.
- Green beans and bell peppers should be stored unwashed and dry in a container or plastic bag in the vegetable drawer.



Nutrition Facts			
Serving Size 1/2 cup			
Servings Per Container 6			
Amount Per Serving			
Calories 30	Calories from Fat 5		
% Daily Values*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 5g	2%		
Dietary Fiber 2g	8%		
Sugars 3g			
Protein 1g	2%		
Vitamin A 15%	Vitamin C 35%		
Calcium 2%	Iron 4%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g