



Green Beans with Feta Cheese and Dill

2 pounds fresh green beans, trimmed
¼ cup low fat Italian dressing
¼ cup traditional Feta cheese

¼ cup chopped red onion
¼ cup chopped fresh dill
¼ cup almonds
1 teaspoon lemon juice

Steam green beans in a small amount of water for 5 minutes or until tender.

Rinse with cold water. Drain.

Place the cooked green beans in a large bowl and add the remaining ingredients.

Toss to coat.

Serve immediately or chill to serve later.

Yield: 10, 1 cup servings

Nutrition Analysis: 100 calories, 4 g fat, 170 mg sodium, 10 g carbohydrates, 3 g protein, 3 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

STORAGE: Beans should be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

GREEN BEANS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students, fall 2009

June 2010

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