

Green Beans with Maple Vinaigrette

Ingredients:

3/4 cup pecans
1/8 teaspoon Kosher salt
1/4 cup extra virgin olive oil
2 pounds green beans
2 tablespoons apple cider vinegar
1/8 teaspoon ground black pepper
2 tablespoons Dijon mustard
1 tablespoon pure maple syrup

Directions:

1. Heat oven to 400°F. Spread the pecans on a rimmed baking sheet and bake, tossing once, until toasted, 6 - 8 minutes. Let cool, then roughly chop.
2. Meanwhile, bring a large pot of water to boil. Add the green beans and cook until just tender, 4 - 5 minutes.
3. Drain and run under cold water to cool.
4. In a large bowl, whisk together the oil, vinegar, mustard, maple syrup, salt, and pepper. Add the green beans and pecans, and toss to combine.

Nutrition Facts	
Serving Size 1/2 cup (142g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	
Vitamin A 15%	• Vitamin C 25%
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 information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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