

Lemon-Dill Green Beans

Ingredients:

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover, and cook until tender-crisp, 5–7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, onion, lemon juice, mustard, salt, and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Nutrition Facts

Serving Size 1 cup (124g)
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 2g

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

