

BITS and BITES

Green Bean – Cherry Tomato Salad

Serving Size: 1 cup

Ingredients

- 1 lb green beans, fresh or canned
- 2 tbsp. lemon juice
- 2 tsp. olive oil
- 1 tsp. garlic powder
- ½ tsp. oregano
- 2 cups cherry tomatoes, cut in half
- 2 tbsp. slivered almonds for garnish
- Salt & pepper, to taste

Green beans & tomatoes are a good source of fiber & have important vitamins & minerals. These include vitamins C & K, folate, & potassium.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Directions

1. Cook cut green beans in boiling water, if fresh, for 5 minutes till tender crisp. Drain beans & rinse in cold water.
2. Combine fresh lemon juice, olive oil, garlic, and oregano in a small bowl. Stir well with a whisk.
3. Combine green beans with the tomatoes & toss with lemon juice/olive oil mixture.
4. Add slivered almonds before serving & enjoy!

Consider:

- Garnishing salad with feta, mozzarella, or goat cheeses
- Adding sliced onions for flavor
- Adding herbs & spices, such as paprika, black pepper, chives, or basil for additional flavor
- Substituting pine nuts or walnuts for almonds

NC STATE EXTENSION

Steps to Health
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Program Education (SNAP-Ed)

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