



PHOTO CREDIT: American Heart Association

Green Beans with Potatoes

Source: Just Say Yes to Fruits and Vegetables

Serving size: 1 cup **Servings per recipe:** 8

Bite-sized potatoes and green beans taste great cooked together with herbs and spices!

Ingredients

- 4 medium potatoes, cut into chunks
- 1 sliced onion
- 1 cup low-sodium chicken or vegetable broth
- 1/4 teaspoon garlic powder
- dash of black pepper
- 1 3/4 cups cooked green beans, canned, frozen or fresh
- 1 Tablespoon vegetable oil
- 2 Tablespoons lemon juice
- 2 Tablespoons chopped parsley (optional)

Materials

Sharp knife and cutting board, measuring cups and spoons, medium pot, mixing spoon and slotted spoon

Directions

1. In a medium pot, add potatoes, onion, chicken broth, garlic powder and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are tender.
3. Add green beans, stir gently.
4. Heat on low for 5 minutes, or until green beans are heated through.
5. Remove from heat. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve with a slotted spoon.
6. Refrigerate leftovers.

Nutrition Facts

servings per recipe **8**
Serving size 1 cup (184g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 1mg **6%**

Potassium 549mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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