

## Side Dish

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# Apple-Green Bean Saute'

Taste of Home

**Servings: 5**

**1 pound fresh green beans**

**1 medium apple, chopped**

**1 tablespoon canola oil**

**1/2 cup walnut pieces**

**1/2 cup honey**

**1/4 cup sesame seeds, toasted**

In a skillet, saute' green beans and apple in canola oil.

Add walnuts to skillet; cook until vegetables are crisp-tender.

Stir in honey.

Top with sesame seeds.

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Per Serving (excluding unknown items): 185 Calories; 6g Fat (29.0% calories from fat); 1g Protein; 34g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 2 Other Carbohydrates.