

# Beans with Blue Cheese

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**Servings: 4**

*1 pound fresh green beans  
3 slices bacon  
1/2 cup onion, chopped  
2 teaspoons lemon juice  
1/2 cup (2 ounces) crumbled blue cheese  
1/2 cup walnut pieces, toasted*

Place the green beans in a steamer basket in a saucepan. Add water to the saucepan to just below the basket. Bring to a boil. Steam, covered, for 8 to 10 minutes or until the beans are crisp-tender. (Or cook frozen beans according to package directions. Drain.)

In a large skillet, cook the bacon over medium heat until crisp. Remove the bacon and drain on paper towels, reserving the drippings in the skillet. Crumble the bacon. Set aside.

Add the onion to the reserved drippings. Cook over medium heat until tender, stirring occasionally. Stir in the lemon juice. Stir in the beans and heat through.

Add the crumbled bacon and the cheese. Cook and stir for about 1 minute or until the cheese begins to melt. Sprinkle with walnuts.

Start to Finish Time: 20 minutes

*If desired, use two nine-ounce packages of frozen French-cut green beans instead of fresh green beans.*

Per Serving (excluding unknown items): 95 Calories; 7g Fat (68.0% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 312mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Side Dishes

**Per Serving Nutritional Analysis**

Calories (kcal):	95	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	9.9%	Thiamin B1 (mg):	trace

% Calories from Protein:	22.2%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	17mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	312mg
Potassium (mg):	101mg
Calcium (mg):	94mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	122IU
Vitamin A (r.e.):	36 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	95	Calories from Fat: 65
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### % Daily Values\*

<b>Total Fat</b>	7g	11%
Saturated Fat	4g	20%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	312mg	13%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	5g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		7%
<b>Calcium</b>		9%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.