

Side Dish

Green Beans with Lemon and Walnuts

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Servings: 4

Start to Finish Time: 20 minutes

12 ounces fresh green beans, trimmed

1 tablespoon butter

1/4 cup walnuts, chopped

1 teaspoon fresh ginger, grated

1/4 teaspoon lemon peel, finely shredded

1 teaspoon lemon juice

In a medium saucepan, cook the beans, covered, in a small amount of boiling salted water for 5 to 10 minutes or until crisp-tender. Drain.

In a small saucepan, melt the butter over medium heat.

Add the walnuts and ginger.

Cook for 2 to 3 minutes or until the nuts are toasted.

Remove from the heat.

Stir in lemon peel and lemon juice.

Stir the nut mixture into the cooked beans.

Per Serving (excluding unknown items): 74 Calories; 7g Fat (84.1% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.