

# Harvest of the Month Green Beans



## SPRITELY GREEN BEAN SALAD

This colorful salad is crisp and delicious. It's the perfect summer salad with local garden green beans.

### Ingredients (6 Servings)

- 2/3 lb. Green beans, cut into 1 inch pieces
- 2 Tbsp. Red onion or green onion, sliced
- 8 Cherry tomatoes, halved
- 1/3 c. Sliced almonds
- 1 Tbsp. Fresh basil or 1-1/2 tsp. dry

### Lemon Dijon Dressing:

- 2 Tbsp. olive oil
- 2 tsp. French style mustard (Dijon)
- Juice of one lemon
- 1/2 tsp. Salt
- 1/2 tsp. Paprika
- 1/2 tsp. Dried parsley (1 Tbsp. fresh)

Method: Clean and snip ends of fresh beans. Cut into 1 in pieces. Cook beans until tender crisp. Chill in ice water. Drain and add the remaining ingredients. Serve with the mustard dressing.  
 Makes 8 servings (one cup ea.) Nutrition Info. per serving approx. 90 Calories, 7g Fat, 6g Carb., 2g Protein



Photo: Carl Brower

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 188mg	4%

\*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.



# Harvest of the Month

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community. More information, Blogs, Recipes, Videos: [www.JacksonInAction.org](http://www.JacksonInAction.org)