



## RECIPE CARD

# LEMONY GREEN BEANS

### Lemony Green Beans

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*It is important to eat a variety of vegetables because different vegetables provide different nutrients. Try to include different colored vegetables at each meal.*

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#### Ingredients

1 pound **fresh green beans**, gently rubbed under cold running water, trimmed  
1.5 teaspoons **lemon juice**  
1 teaspoon **olive oil**  
1/4 teaspoon **black pepper**

#### Directions

1. Wash hands with soap and water
2. Cook green beans by steaming for 5 minutes.
3. Drain and return to pan.
4. Add lemon juice, olive oil, salt and pepper. Stir gently to coat.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



*Recipe adapted from University of Nebraska - Lincoln Extension*