

## Lemon-Dijon Green Beans

*(Makes 8 servings)*

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- 2 lbs fresh green beans *(or two 1 lb bags frozen green beans)*
- 2 tablespoons Dijon mustard *(choose a flavored version if you prefer)*
- 4 teaspoons lemon juice
- Freshly ground black pepper to taste

### **Directions:**

- 1) Cook green beans until fork tender.
- 2) Mix together mustard, lemon juice, and black pepper.
- 3) Pour sauce over green beans and toss. Serve.

### **Nutritional Analysis:** *(per serving / 1/8 of recipe)*

- Calories: 43 (9% of calories from fat)
- Fat: 0.5 g
- Protein: 2.3 g
- Fiber: 3.23 g
- Carbohydrates: 9 g

### **Source:**

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