

EASY | RECIPE

Green Beans and Grape Tomatoes

- 3 tbsp olive oil
- 1 lb fresh green beans, trimmed
- 2 tbsp fresh lemon juice
- 2 tbsp fresh oregano, chopped (or 1 tsp dried)
- 2 tsp Dijon mustard
- 2 tsp minced garlic
- 1-2 tsp freshly ground black pepper
- 1 cup red onion, thinly sliced
- 2 cups red grape tomatoes, halved



- 1] Heat oil in large, deep skillet over medium heat; add beans and cook 8-10 minutes or until fork tender.
- 2] Blend lemon juice, oregano, mustard, garlic and pepper; stir into beans.
- 3] Add onions and cook 3-4 minutes.
- 4] Stir in tomatoes and cook about 1 minute. Serve hot or at room temperature.

MAKES 6 one-cup servings. Per serving:

111 calories | 3g protein | 7g fat | 1g sat fat | 0mg cholesterol | 11g carbs | 5g sugar | 4g fiber | 49mg sodium