



Green Beans with Tomatoes and Basil

Makes: 6 Servings

Green beans get a flavor boost from fresh or dried parsley and basil, canned tomatoes, and onion.

Ingredients

6 cups green beans (about 1 pound, ends snipped)
1 tablespoon olive oil
1 onion (medium, finely chopped)
1 can tomatoes (14.5 ounce can, drained and chopped)
1 tablespoon basil (fresh or 1/2 teaspoon dried)
1 tablespoon parsley (fresh or 1/2 teaspoon dried)
salt and pepper (to taste, optional)

Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).

My Notes

Source: Food Supplement Nutrition Education Program University of Maryland Extension

Nutrition Information

Nutrients	Amount
Calories	59
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	8 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 IU
Calcium	55 mg
Iron	1 mg
Potassium	243 mg
N/A - data is not available	

MyPlate Food Groups

 Vegetables 3/4 cup

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

