Zesty Orange Green Beans

Yield: 4 servings  
Total Time: 15 minutes

Ingredients
1 pound green beans  
1 teaspoon olive oil or canola oil  
½ teaspoon freshly grated orange zest  
¼ teaspoon salt  
Black pepper, to taste  
¼ cup sliced almonds, toasted (optional)

Preparation Instructions
1. Trim the ends off the green beans.  
2. Place a steamer basket in a large saucepan, add 1 inch of water, and bring to a boil. Put the green beans in the basket and steam until tender, about 6 minutes.  
3. Toss the green beans in a large bowl with oil, orange zest, salt, and pepper. If desired, mix in the toasted almonds.

Tip: To toast the almonds, place them in a small dry skillet. Cook them over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition Analysis
Per serving: 60 calories; 1.5g fat (0g saturated, 0g trans); 0mg cholesterol; 80mg sodium; 8g carbohydrate (3g dietary fiber; 3g sugar); 2g protein.  
Vitamin A 20%, Vitamin C 0%, Calcium 6%, Iron 0% Daily Value.

Cost: $0.50 per serving

Modified from: www.eatingwell.com