

## Green Beans, Cranberries, and Nuts

### Serves 2

#### Ingredients

- 1 c. canned or frozen green beans or 1 c. fresh green beans, trimmed and cut into 4-inch pieces
- 1 tsp. canola or olive oil
- 2 Tbsp. dried cranberries, or ½ c. fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill, or seasoning blend of your choice to taste



#### Equipment

- Medium saucepan
- Colander
- Measuring spoons

#### Directions

1. Drain and rinse canned green beans.
2. If using frozen or fresh, cook until crisp-tender and drain.
3. Heat oil in saucepan; add cranberries and nuts. Cook, stirring often.
4. Once cranberries are softened, stir in green beans. Cook beans until they are heated through.
5. Add honey and stir well. Serve beans hot, sprinkled with choice of seasoning(s).

Nutrition Facts	
about 2 servings per container	
<b>Serving size</b>	<b>2/3 cup (77g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 4g Added Sugars	8%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 141mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

