

BEANS



Nutrition Facts:

Beans come in lots of colours. You might see green, yellow and purple at your market. Beans have lots of:

Vitamin C: helps your body absorb the mineral iron from plant-based foods like spinach.

Fibre: keeps your digestive system healthy and strong.

What to Look for: Buy fresh beans with slender green/purple/yellow pods that are free of bruises or brown spots.

Storage: Store green beans in the fridge in a plastic bag to keep them fresh.

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Dilly Lemon Green Beans

1 pound green beans (trimmed)

4 tsp chopped dill

1/2 tsp mustard

Add salt and pepper to taste

1 Tbsp vegetable oil

1 Tbsp lemon juice

1-2 green onions (cut small)

Directions:

- 1) Bring a pot of water to a boil.
- 2) Add green beans, cover and cook until tender-crisp, 5 to 7 minutes.
- 3) Remove from the heat.
- 4) Whisk dill, onions, oil, lemon juice, mustard, salt and pepper in a large bowl.
- 5) Add the green beans and toss to coat.

Let stand about 10 minutes before serving to blend flavors.

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