



## Cherry Tomato and Green Bean Salad

Number of Servings: 5

Serving Size: 1 cup

### Equipment:

Pot to steam green beans

### Ingredients:

- 1 pound green beans, ends trimmed, cut in half
- 1 pint cherry tomatoes, cut in half
- 1/3 cup chopped red onion
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1/3 cup extra-virgin olive oil

**Directions:** Steam beans 5 to 7 minutes or until crisp-tender. Run under cold water; drain well. Place in large bowl; add tomatoes and onion.

Whisk lemon juice, mustard, garlic, salt and pepper in small bowl. Gradually whisk in oil. Pour over vegetables; toss to coat.

**Cost per recipe:** \$7.00

**Cost per serving:** \$1.40

**MyPlate servings:** 1 serving of vegetables

## Nutrition Facts

Serving Size 1 cup  
Serving Per Container 5

| Amount Per Serving   |           | % Daily Values* |            |
|--|-----------|-----------------|------------|
| <b>Calories</b> 164  |           |                 |            |
| <b>Total Fat</b> 14g   |           |                 | <b>22%</b> |
| Saturated Fat 2g   |           |                 | <b>10%</b> |
| Trans Fat 0g   |           |                 |            |
| Polyunsaturated Fat 2g   |           |                 |            |
| Monounsaturated Fat 10g  |           |                 |            |
| <b>Cholesterol</b> 0mg   |           |                 | <b>0%</b>  |
| <b>Potassium</b> 279mg   |           |                 | <b>8%</b>  |
| <b>Sodium</b> 144mg  |           |                 | <b>6%</b>  |
| <b>Total Carbohydrate</b> 10g  |           |                 | <b>3%</b>  |
| Dietary Fiber 3g   |           |                 | <b>12%</b> |
| Sugars 3g  |           |                 |            |
| <b>Protein</b> 2g  |           |                 | <b>4%</b>  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                 |            |
|  | Calories  | 2,000           | 2,500      |
| Total Fat  | Less than | 65g             | 80g        |
| Sat Fat  | Less than | 20g             | 25g        |
| Cholesterol  | Less than | 300mg           | 300mg      |
| Sodium   | Less than | 2400mg          | 2400mg     |
| Total Carbohydrate   |           | 300g            | 375g       |
| Dietary Fiber  |           | 25g             | 30g        |

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>