



*Made possible with funding from the
Centers for Disease Control & Prevention*

Green Beans with Carrots & Peppers / Ingredients

2 cups fresh green beans

1 small red bell pepper, cut into strips (about 1 cup)

1 large carrot, peeled and thinly sliced (about 1 cup)

1 tablespoon reduced-sodium soy sauce

1 teaspoon sesame seeds

Pepper, to taste

Recipe inspired by EatingWell.com

Cooking Instructions

1. Place beans, bell pepper, and carrot in a steamer basket over 2 inches of boiling water in a saucepan. Cover and steam, stirring once, until crisp-tender, 5 to 7 minutes.
2. Remove from sauce pan and toss with soy sauce, sesame seeds, and pepper.

Nutritional Information

Yield: 4 servings

Each serving provides:

Calories: 78

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 154 mg

Fiber: 3 g

Protein: 2 g

Carbohydrate: 9 g

Potassium: 244 mg