

Farmers Market Fun Family Recipes



Serving Size: 1 Cup

Yield: 8 servings

Ingredients

2 Tablespoons butter or stick
margarine

3 pounds green beans, trimmed

3 cups fat-free, less-sodium
chicken broth

$\frac{3}{4}$ teaspoon freshly ground
black pepper

$\frac{1}{2}$ teaspoon salt

2 Tablespoons cornstarch

$\frac{1}{4}$ cup water

2 Tablespoons lemon juice

$\frac{1}{4}$ cup sliced almonds,
toasted

Instructions

1. Melt butter in a large skillet over medium-high heat. Add beans; sauté 5 minutes.
2. Add broth, pepper and salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
3. Combine cornstarch and water; add to skillet. Bring to a boil, and cook 1 minute, stirring constantly. Stir in lemon juice.
4. Sprinkle with almonds just before serving.

– Over –





Nutrition information:

Calories: 137
Carbohydrate: 15 gm
Fiber: 4 gm
Fat: 8 gm
Protein: 5 gm
Cholesterol: 16 mg
Sodium: 448 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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