



Honey Mustard Green Beans



Adapted from *Foodhero.org*

Ingredients



- 1 tablespoon yellow mustard
- 3 tablespoons honey
- 3 tablespoons vinegar
- 4 cups green beans, (canned, frozen or cooked from fresh)



Directions



Yield: 4 cups

Serving size: 2/3 cup

Total cost: \$1.48 **Serving cost:** \$0.25

1. For fresh green beans, cook until tender.
2. Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey and vinegar and mix well. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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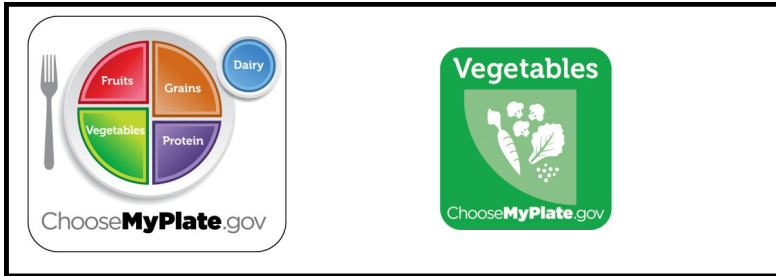
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Fast Facts



Featured Food Groups



Cooking Tips



- 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- Honey is not recommended for children under 1 year old.

Nutrition Facts

Serving Size 2/3 cup (123g)
Servings Per Container 6

Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 1g	
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 6%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

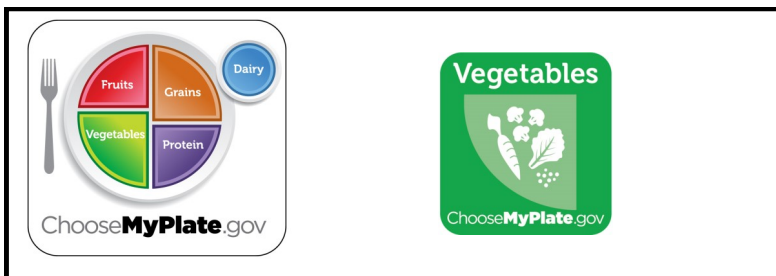
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