

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Blue Cheese-Walnut Green Beans

Makes: 4 servings (1 cup servings) • **Active Time:** 20 minutes • **Total Time:** 20 minutes

Ingredients

- 1 pound green beans, trimmed
- 1/4 cup water
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/3 cup crumbled blue cheese
- 1/3 cup toasted chopped walnuts , (see Tip)

Preparation

- Bring green beans and water to a boil in a large skillet
- Reduce heat to a simmer, cover and cook until the beans are just tender, 3 minutes. Uncover and continue cooking, stirring occasionally, until the water has evaporated, 3 to 4 minutes more.
- Add oil, salt and pepper to the pan and cook, stirring, 1 minute more. Transfer the beans to a large bowl and toss with blue cheese until well coated. Sprinkle each serving with walnuts.



Nutrition

Per 1 cup serving : 163 calories; 12g fat; 10g carbohydrates; 6g protein; 4g fiber; 302mg sodium; 233mg potassium, 8mg cholesterol

Tips: & Notes:

- To toast chopped or sliced nuts, stir constantly in a small dry skillet over medium-low heat until fragrant and lightly browned, 2 to 4 minutes.
- Frozen green beans in a steamer bag can be used. Steam the beans two minutes less than directed. After draining the beans, heat them in a sauce pan on the stove. Add the cheese to the beans in the pan so it melted.
- Any cheese or nut can be substituted- nutritional values may change when making substitutes

