

Green Beans and New Potatoes

Makes: 6 servings

Ingredients

3 1/2 cups frozen green beans (16 oz bag)
8 potatoes (small, washed, peeled, and halved)
1 onion (medium, chopped)
1/4 teaspoon salt

Directions

1. Add all ingredients to a large stock pot and cover with water.
2. Bring to a boil and reduce to medium heat.
3. Cook until green beans and potatoes are tender.
4. Drain green beans and potatoes into colander and serve hot.

Total Cost: \$1.73
Per serving: \$0.29

Source: Adapted from the Healthy Cookbook for African American Populations; Department of Nutrition and Food Sciences at the University of Maryland



Nutrition Facts	
6 servings per container	
Serving size	(209g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

