

## Seasoned Green Beans and Red Pepper Strips

### Serves 4

#### Equipment

Medium saucepan  
Cutting Board  
Colander  
Knife  
Small sauté pan  
Mixing spoons  
Serving bowl  
Spatula  
Measuring spoons  
Burner

#### Ingredients

8 oz. fresh green beans  
1 small red bell pepper  
1 Tbsp. toasted sesame seeds,  
OR no-salt- added sunflower seeds  
1 Tbsp. low-sodium soy sauce  
½ tsp. sesame or olive oil

#### Directions

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. Trim green beans and cook in boiling water until tender.
4. Drain and rinse beans in cold water.
5. Using clean cutting board and knife, cut pepper into quarter-inch strips. Place in serving bowl.
6. Place sesame/sunflower seeds in small dry sauté pan over medium heat for 1 to 2 minutes. Stir frequently to toast.
7. Place beans in serving bowl with pepper strips and seeds.
8. Toss with remaining ingredients.
9. Serve immediately or refrigerate until ready to serve.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>3/4 cup (156g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 301mg	<b>6%</b>
<small>*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.</small>	

