

## Green Beans, Cranberries, and Nuts

### Serving Information

Makes approximately 2

servings (one serving = 2/3 cup)

### Ingredients

1 cup green beans or 1 cup frozen green beans or 1 cup of fresh green beans, trimmed and cut into 4 inch pieces

2 tsp. canola or olive oil

2 Tbsp. dried cranberries  
or ½ cup fresh or frozen cranberries

2 Tbsp. chopped nuts (walnuts, pecans, or almonds)

½ Tbsp. honey

lemon pepper, dill, or seasoning blend of your choice

### Equipment

Medium saucepan

Colander

Measuring spoons

### Directions

1. Drain and rinse canned green beans. If using frozen or fresh, cook until tender crisp and drain.
2. Heat oil in saucepan, add dried cranberries and nuts.
3. Cook stirring often.
4. Once cranberries are softened, stir in green beans; cook until beans are heated through.
4. Add honey and stir well.
5. Serve beans hot sprinkled with your choice of seasoning(s).

**Source:** Dining with Diabetes WVUES, 2000-Present

<b>Nutrition Facts</b>			
Serving Size 1/2 cup (86g)			
Serving Per Container 3			
Amount Per Serving			
<b>Calories</b> 79	Calories from Fat 46		
% Daily Values*			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 0.4g	<b>2%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 8.4g	<b>3%</b>		
Dietary Fiber 2.2g	<b>9%</b>		
Sugars 5.3g			
<b>Protein</b> 1.2g	<b>2%</b>		
Vitamin A 5%	Vitamin C 13%		
Calcium 1.6%	Iron 3%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g