

# Cooking Light's Steamed Green Beans with Lemon-Mint Dressing



## Ingredients

- 1 pound green beans, trimmed
- 2 tablespoons finely chopped fresh mint leaves
- 1 tablespoon minced shallots
- 2 tablespoons fresh lemon juice
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

## Preparation

1. Steam green beans 4 minutes or until crisp-tender; drain.
2. Combine mint and remaining ingredients in a large bowl, and stir with a whisk. Add green beans to bowl, and toss to coat.

### Nutritional Information

#### Amount per serving

- Calories: 84
- Fat: 5.3g
- Saturated fat: 0.8g
- Monounsaturated fat: 3.7g
- Polyunsaturated fat: 0.7g
- Protein: 2.2g
- Carbohydrate: 9.1g
- Fiber: 3.3g
- Cholesterol: 0.0mg
- Iron: 1.3mg
- Sodium: 155mg
- Calcium: 46mg