



## Green Beans with Feta Cheese and Dill

**2 pounds** fresh green beans, trimmed

**¼ cup** low fat Italian dressing

**¼ cup** traditional Feta cheese

**¼ cup** chopped red onion

**¼ cup** chopped fresh dill

**¼ cup** almonds

**1 teaspoon** lemon juice

**Steam** green beans in a small amount of water for 5 minutes or until tender.

**Rinse** with cold water. Drain.

**Place** the cooked green beans in a large bowl and add the remaining ingredients.

**Toss** to coat.

**Serve** immediately or chill to serve later.

**Yield:** 10, 1 cup servings

**Nutrition Analysis:** 100 calories, 4 g fat, 170 mg sodium, 10 g carbohydrates, 3 g protein, 3 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Green Beans

**SEASON:** June to September

**NUTRITION FACTS:** One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

**SELECTION:** Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

**STORAGE:** Beans should be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** Wash and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

### GREEN BEANS

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students, fall 2009

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