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.

**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.

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2 pounds fresh green beans, trimmed

1/4 cup low fat Italian dressing

1/4 cup traditional Feta cheese

1/4 cup chopped red onion

1/4 cup chopped fresh dill

1/4 cup almonds

1 teaspoon lemon juice

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