# Green Beans with Ham and Basil

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>¾ cup low-fat sun dried tomato dressing</td>
<td>1 cup chopped ham</td>
</tr>
<tr>
<td>1 pound fresh green beans</td>
<td>3 tablespoons chopped fresh basil</td>
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<tr>
<td>1 red onion, sliced</td>
<td>1 teaspoon garlic salt</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td>Top with basil and garlic salt, stir, cover and continue to cook for 1 to 3 minutes.</td>
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Heat dressing in a large skillet over medium heat for 3 to 5 minutes.

Add fresh green beans that have been washed and trimmed, red onion, garlic, and ham.

Cover and cook 5 minutes or until the beans are crisp-tender and ham is cooked.

Yield: 8, ½ cup servings

Nutrition Analysis: 120 calories, 6 g fat, 15 mg cholesterol, 860 mg sodium, 8 g carbohydrates, 5 g protein.

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

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# 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