

# Lemon Dill Green Beans

This lemon and dill vinaigrette is a natural complement to green beans. It's also great tossed with steamed asparagus or drizzled over sliced fresh tomatoes.

## Ingredients

1 pound green beans, trimmed  
4 tsp chopped fresh dill  
1 tbs minced shallot  
1 tbs extra-virgin olive oil  
1 tbs lemon juice  
1 tsp whole-grain mustard  
1/4 tsp salt  
1/4 tsp freshly ground pepper

## Tips & Notes

To make this recipe serve 10, multiply all the ingredients by 2 1/2. Use 2 1/2 pounds green beans, 3 TBS dill, 2 1/2 TBS each shallot, oil, and lemon juice, 2 1/2 tsp mustard and 3/4 tsp each salt and pepper.

## Instructions

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5-7 minutes. Remove from the heat.

Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.



# Nutritional Information

Serving Size: 1 cup; makes 4 servings

Calories: 74

Fat: 4g

Saturated Fat: 1g

Protein: 2g

Carbohydrates: 10g

Cholesterol: 0mg

Dietary Fiber: 4g

Sodium: 163mg

Recipe from WebMD