

Green Beans and New Potatoes

Cook time: 20 minutes

Makes: 6 servings

Frozen green beans and potatoes are boiled in a pot with onion and salt to make an easy side dish for dinner.

Ingredients

- 3 1/2 cups** frozen green beans (16 oz bag)
- 8** potatoes (small, washed, peeled, and halved)
- 1** onion (medium, chopped)
- 1/4 teaspoon** salt

Directions

1. Add all ingredients to a large stock pot and cover with water.
2. Bring to a boil and reduce to medium heat.
3. Cook until green beans and potatoes are tender.

Source: Tara Caulder, Soaad Ali, and Laide Bello(Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Total Carbohydrate	40 g
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	