

## Savory Italian Green Beans

### Ingredients

- 2 teaspoons vegetable oil
- 1/4 cup onion or scallion, chopped
- 1/2 cup green pepper, chopped
- 1/4 cup celery, chopped
- 1 teaspoon minced garlic or ¼ teaspoon garlic powder
- 2 cans green beans, drained
- 1 can diced or stewed tomatoes, no salt added
- 1 teaspoon Italian herb seasoning, or a combination of dried oregano and basil
- Pinch of ground black pepper, or red pepper flakes if you like it spicy!



### Instructions

1. Peel and chop the onion. Chop the green pepper and celery.
2. Drain the liquid from the green beans.
3. Heat the vegetable oil (olive oil preferred) in a skillet. Add chopped onion, green pepper, celery and garlic. Stir fry over medium heat for about 5 minutes.
4. Add the green beans, tomatoes, and seasonings.
5. Cook over medium heat for 15 minutes, until everything is hot.
6. Serve with cooked rice or pasta and sprinkle with Parmesan cheese.

*Other ideas:* \*Use other seasonings to taste such as rosemary or thyme. \*Add cooked chicken for more protein. \*Add other canned beans, drained, such as white beans or chick peas. \*Use fresh tomatoes in season in place of canned tomatoes.

## Green Beans Parmesan

### Ingredients

- 1 can green beans, drained
- 2 teaspoons butter or vegetable oil
- 1 Tablespoon parmesan cheese
- 1 pinch favorite dried herbs

### Instructions

1. Drain canned green beans.
2. Heat butter, margarine or oil in a skillet. Add green beans. Cook on medium heat.
3. When green beans are hot, sprinkle with cheese and herbs. Enjoy as a side dish with your favorite entrée.

*Other ideas:* \*Top beans with a slice or 2 of American cheese just before serving. \*Cook chopped onion, garlic or zucchini before adding beans and cheese.

## Red, White and Green Bean Salad

### Ingredients

- 1 can red kidney beans, drained
- 1 can white beans, drained (cannellini, navy, great northern)
- 1 can green beans, drained
- 1 medium onion, thinly sliced
- ½ cup red or green bell pepper, chopped
- ½ cup Italian salad dressing\* (fat-free or lite)



### Instructions

1. Drain the canned beans
2. Peel and slice the onion and chop the red or green pepper.
3. In a large bowl, combine the kidney beans, white beans, green beans, onion slices and bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night.

### *\*Make your own dressing*

- 1/3 cup wine vinegar
- ¼ cup oil (olive or canola oil)
- 1 Tablespoon sugar or honey
- ¼ teaspoon oregano or dill
- Pinch of salt and pepper
- ¼ teaspoon garlic powder

### Directions

1. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
2. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.

*Other ideas:* \*Use canned, drained chick peas or black beans. \*Add sliced cherry tomatoes or fresh cucumbers. \*Add a can of drained sweet corn or sliced beets.

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