Three Bean Salad

Ingredients

- 1/2 lb Green Bean
- 1 can Low-sodium Kidney bean
- 1 can Garbanzo bean
- 2 stalks Celery
- 3 tbl Green onion
- 1 small Shallot
- 1/4 cup Olive oil
- 2 tbl Lemon juice

Equipment Needed

- Knife and cutting board
- Can opener
- Strainer
- Mixing bowl
- Measuring spoons
- Whisk

Directions

- Wash and dice celery, green onion and shallot
- Wash and remove ends from green beans. Bring enough water to boil to submerge green beans. Prepare an ice bath in mixing bowl
- Cook green beans for 3 minutes in water and then submerge in ice bath. After they are cool, strain the green beans
- Rinse Kidney and Garbanzo beans and combine with green beans and veggies.
- Whisk lemon juice and olive oil together. Salt and pepper to taste, and mix thoroughly into salad.

Helpful Tips

- If you have an immersion blender, save a tsp of shallot for a flavor boost to your dressing!
- Mix and match your favorite beans to try new textures and flavors

Nutrition Information Available Upon Request
www.nourishprogram.org
Roasted Green Beans & Almonds

Ingredients
- 1 lb Green bean
- 1 small Shallot
- 1 clove Garlic
- 1 tbl Olive oil
- 1/4 cup Sliced almonds
- 3 tbl Thyme/Rosemary

Equipment Needed
- Knife and cutting board
- Measuring spoons
- Mixing bowl
- Small & Medium baking tray

Helpful Tips
- Suspend chopped spices and garlic in oil prior to cooking to bring out flavors
- Love extra roasted and crispy veggies? Crank up the heat to 400 and adjust cooking time.
- Almonds can burn easily, use your eyes and nose to avoid this mistake

Directions
- Preheat oven to 350 degrees F
- Wash vegetables and cut shallot into thin slices
- Mince garlic and herbs
- Combine beans, shallot, garlic and herbs with olive oil in mixing bowl, transfer to baking sheet and roast for 30-40 mins rotating halfway through. During final 10 mins, roast almonds on separate tray
- Combine all ingredients together and enjoy!

Nutrition Information Available Upon Request
www.nourishprogram.org
Sautéed Green Beans & Mushrooms

Ingredients
- 1 lb Green beans
- .5 pint Crimini mushrooms
- 2 tbl Olive oil
- 2 cloves Garlic
- 1/4 cup Shredded Parmesan cheese
- 2 tbl * Tamari (optional)

Equipment Needed
- Non-stick skillet
- Knife and cutting board
- Measuring spoon and cups

Directions
- Clean green beans and mushrooms thoroughly. Cut mushrooms into thin slices
- Heat olive oil over medium-high heat. Cook garlic for 5 minutes and then add vegetables, stirring occasionally for 10 mins
- Add tamari (optional), salt and pepper and continue to cook for a few more minutes. Beans should be soft and Crimini darkened.
- Add cheese and remove from heat. Toss thoroughly and serve.

Helpful Tips
- Picky eaters? Try white button mushrooms for a milder flavor
- This dish goes great on top of any protein. Try it with chicken breast.

Nutrition Information Available Upon Request
www.nourishprogram.org