

Farmer's Market 2004



Cooperative Extension
of Chemung County

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ESNY



Herbed Green Beans

Makes 6 servings

- 1 pound fresh green beans, stem ends removed**
- 1 teaspoon olive oil**
- 2 tablespoons chopped fresh basil or**
- 2 teaspoons dried basil leaves**



- 1. Steam green beans 5 minutes or until crisp-tender. Rinse under cold running water; drain and set aside.**
- 2. Just before serving, heat oil over medium-low heat in large nonstick skillet. Add basil; cook and stir 1 minute, then add green beans. Cook until heated through. Garnish with additional fresh basil, if desired. Serve immediately.**



**Nutrition Information per Serving: 26 Calories,
1 g Total Fat, 0 mg Cholesterol, 10 mg Sodium.**

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