

Name: Green Bean Salad

Yield: Serves 4	Author: Barbara Walker		
Ingredients	Actual		Notes
	Weight	Measure	
Green beans	4 cups		Bite size pieces
Olive oil		2 tbsp	
Vinegar, red wine		2 tbsp	
Chicken or vegetable broth		2 tbsp	Nonfat
Garlic clove – 1			Minced
Chives, fresh snipped	1 tbsp		
Sugar or honey	1/2 tsp		
Paprika	1/2 tsp		
Soy sauce, low sodium	1/2 tsp		
Dijon mustard	1/4 tsp		
Tomato – 1 large			diced
Green bell pepper – 1			Diced
Chick peas – cooked or canned	1/2 cup		Drain canned peas
Preparation			
Cooking Directions			
1. Steam green beans for 10 minutes. 2. Mix the rest of the ingredients. Combine with steamed green beans and marinate at least 1 hour. Stir occasionally.			