



NUTRITION CONSULTING INC.

## Sesame Garlic Green Beans with Tomatoes

*Liven up your meal with this French recipe for green beans that adds color and flare to your plate.*

**Makes 4 Servings**

### What you need:

2 cups fresh green beans  
1 large fresh tomato, diced  
1 clove garlic, minced  
½ tsp. salt  
1/2 tbsp. red wine vinegar  
1/2 tbsp. sesame oil



### How you prepare:

Trim stems off green beans. Steam beans until tender (about 4-5 minutes). Meanwhile in a separate small bowl mix minced garlic, salt, vinegar and oil. Slice tomato into small cubes. Toss green beans with oil mixture and tomatoes. Serve immediately.

### Per serving:

Calories: 40  
Carbohydrates: 6 g  
Protein: 1 g  
Fat: 1.9 g  
Fibre: 1.4 g

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