Green Bean Salad

Ingredients:
1 pound green beans
1/4 cup reserved liquid from beans
3 tablespoons vinegar
1 tablespoon vegetable oil
2 onions, thinly sliced
1/2 teaspoon dill weed
1 teaspoon sugar

Equipment:
Saucepan with lid
Cutting board
Knife
Measuring cups
Measuring spoons
Medium bowl
Small bowl

Directions
1. Prepare green beans by snapping off ends, stringing and breaking into bite size pieces.
2. Place in saucepan and cover with water. Bring to a boil and reduce to medium. Cook until tender, about 15 minutes. Drain and add to medium bowl, reserving 1/4 cup liquid.
3. While beans are cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion in thin strips.
4. To make a dressing, add vinegar, oil, reserved liquid, onions, dill weed, and sugar to a small bowl. Stir until blended. Pour mixture over beans.
5. Cover and allow to sit for several hours before serving. Can serve hot or cold.

Nutrition Facts
- Serving Size: 1/2 cup
- Servings: 4
- Calories: 69
- Calories from Fat: 17
- Fat: 2g
- Cholesterol: 0mg
- Sodium: 0mg
- Potassium: 245mg
- Carbohydrate: 9g
- Dietary Fiber: 4g
- Protein: 2g
- Vitamin A: 14%
- Vitamin C: 30%
- Iron: 7%
- Calcium: 5%

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