

## 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

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### 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.

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### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
<b>Calories 69</b>	Calories from Fat 36
%Daily Value*	
<b>Total Fat 4g</b>	<b>5%</b>
Saturated Fat trace 1g	2%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 8mg</b>	<b>0%</b>
<b>Potassium 245mg</b>	<b>7%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 4g	14%
<b>Protein 2g</b>	<b>4%</b>
Vitamin A 14%	Vitamin C 30%
Iron 7%	Calcium 5%

\*Percent Daily Values are based on a 2,000 calorie diet.

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