Maple Dijon Green Beans

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

These beans are fresh and vibrant, and if you have leftovers, they'll develop a lovely pickled flavor.

About the Recipe

47 Calories · 3 g Protein · 3 g Fiber
Side Dish
Gluten-free · Nut-free

Ingredients

Makes 3 Servings

- 20 green beans, ends trimmed
- 1 tbsp (15 mL) nutritional yeast
- 1 tsp (5 mL) Dijon mustard
- 1 tbsp (15 mL) apple cider vinegar
- 2 tsp (10 mL) coconut nectar or pure maple syrup
- 1/4 tsp (1.2 mL) iodized salt
- Ground black pepper **optional*

Directions

1. Place a large pot of water over high heat, and bring to a boil.
2. Add the green beans and cook for 2 to 3 minutes. Run the beans under cold water to stop the cooking process. Drain the beans and pat dry, if needed.
3. In a large bowl, combine the yeast, mustard, vinegar, nectar or syrup, salt, and pepper (if using). Whisk until thoroughly combined.

4. Add the green beans, and toss to coat thoroughly. Let sit for 30 minutes, and then serve.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 59 kcal
Fat: 0.5 g
    Saturated Fat: 0 g
    Calories From Fat: 8%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 8 g
Sugar: 6 g
Fiber: 3 g
Sodium: 358 mg
Calcium: 39 mg
Iron: 0.7 mg
Vitamin C: 6.1 mg
Beta-Carotene: 247 mcg
Vitamin E: 0.3 mg