

Green Bean Gremolata



1/4 cup grated Parmesan cheese
 2 tablespoons grated lemon peel
 3 cloves garlic, minced
 1/2 cup fresh parsley, chopped
 2 pounds green beans, stem ends trimmed but pointed tips left on if desired
 3 tablespoons olive oil
 1/2 teaspoon black pepper
 Salt to taste, optional

1. In a small bowl mix together the Parmesan cheese, lemon peel, garlic and parsley. Set aside.
2. Bring a large pot of water to a boil. Add green beans and cook until crisp-tender, about 6 to 7 minutes. Drain very well and place in a large bowl.
3. Toss beans with olive oil to coat thoroughly, add the parsley mixture and toss gently to coat thoroughly. Add pepper and salt to taste (optional). Serve immediately.

Serves 8.

Nutrition Facts (without added salt)		
Servings per recipe: 8		
Amount Per Serving		
Calories 91	Calories from fat 54	
	% Daily Value	
Total Fat 6g	9%	
Saturated Fat 1g	6%	
Cholesterol 2mg	1%	
Sodium 55mg	2%	
Carbohydrate 8g	3%	
Dietary Fiber 4g	15%	
Protein 3g	6%	
Vitamin A: 18%	Vitamin C: 39%	Folacin: 11%
Calcium: 8%	Iron: 8%	Potassium: 7%