



Green Beans and Tomato Salad

Serves 2

Prep time: 5 mins

Cooking Time: 5 mins

Utensils: knife, board, mixing bowl, serving plate, tsp, wooden spoon

Ingredients:

2 cups green beans
½ red onion, finely sliced
1 tomato, cut into thin wedges
1 tsp tamari, low sodium
½ tsp sesame oil

Method:

Steam your beans until just tender. Refresh under cold water to stop them cooking. Put them in a bowl with the rest of the ingredients and gently toss.

Ingredient	Calories	Carb	Protein	Fat	Sodium
2 cups green beans	64	5.8	5.2	.4	4.4
½ red onion	14	2.2	.8	-	-
1 tomato	28	3.6	1.4	.2	12
1 tsp tamari, low sodium	4.5	.5	.5	-	231
½ tsp sesame oil	20	-	-	.3	-
Total	130.5	12.1	7.9	.9	247.4

Table is for 2 servings

Per serve:

Calories – 65.2

Carb – 6.05

Protein – 3.95

Fat - .4

Sodium – 123.7