

Green Beans and Red Potatoes

Makes 6 Servings

Ingredients

- 8 oz. fresh green beans (trimmed, cut into 2-inch pieces)
**Frozen green beans will also work
- 8 oz. red potatoes (cut into 1/2-inch cubes)
- 2 Tbsp. chopped, fresh parsley (optional)
- 1 ½ Tbsp. light tub margarine
- 1/8 tsp. pepper (to taste)
- 1/8 tsp. paprika



Directions

1. In a large saucepan, steam the green beans and potatoes for 8 minutes, or until the potatoes are tender.

To steam, simply fill a saucepan with just enough water to cover the veggies. Cook covered on medium high heat, stirring occasionally

2. Use a strainer to remove water and transfer veggies to a medium serving bowl.

3. Add the remaining ingredients, stirring until the paprika is well combined.

Nutrition Information: (Per Serving)

6 Servings (1/2 Cup)

50 Calories

1.5 g Fat

9 g Carbohydrate

2 g Protein

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online

at heart.org/cookbooks.

<https://recipes.heart.org/Recipes/1290/Green-Beans-and-Red-Potatoes>