

Green Beans



A 1-cup serving of green beans, cooked, provides 44 calories, 2.5 grams of protein, 10 grams of carbohydrates, zero grams of fat, 4 grams of dietary fiber and 1.25 milligrams of sodium. They are rich in vitamins C and K, folate, potassium and manganese. In addition, they are a good source of several carotenoids, which is a form of vitamin A found in fruits and vegetables that act as antioxidants. Carotenoids in green beans include beta-carotene, lutein and zeaxanthin.

Pasta with Green Beans and Tomatoes adapted from LeAnne Brown's *Good and Cheap*
Serves 2 Total Cost \$5.00 Cost per serving \$2.50

Ingredients

½ pound pasta (rigatoni or similar)	2 tablespoons olive oil
½ pound green beans, trimmed and cut into ½ inch pieces	
4 garlic cloves, minced	½ teaspoon chili flakes
2 cups cherry tomatoes, halved	Salt and pepper to taste
¼ cup Romano or parmesan, grated	basil, finely chopped (optional)

Directions

1. Put a pot of water on high heat and add a good shake of salt. Bring it to a boil and cook the pasta according to the package instructions. While the water is coming to a boil, splash the olive oil into a wide pan on medium-high heat. Let it get hot. Add the green beans and sprinkle them with salt, then cook for about 5 minutes. If the green beans starts to look too dry, add a bit of water. Once the beans are a little brown on all sides, add the garlic and chili flakes and stir. Add the tomatoes and cook for about 15 minutes, stirring occasionally. Again, if it looks too dry, add a bit of water. Everything will shrink up and become a sort of loose, thick sauce. Add half the cheese and half the basil, if you have it.
2. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together, then turn off the heat. Add salt and pepper to taste.
3. Serve it in bowls sprinkled with more Romano and basil.