PICTSWEET.

French Green Beans with Mint

Hint of mint gives zip to this summer salad.

Ingredients

4 cups Pictsweet frozen French Cut Green Beans
1 thinly sliced red onion
1/2 red bell pepper, seeded and cut in lengthwise strips
1/2 yellow bell pepper, seeded and cut in lengthwise strips
1/4 cup raspberry vinegar
1 tablespoon Creole mustard
3/4 teaspoon sugar
Salt and pepper to taste
4 tablespoons olive oil
1/2 cup chopped fresh mint

Directions

Place frozen beans in saucepan and cover with water. Place on stove top and bring to a boil. Boil for 3 minutes. Drain and run under cold water to stop the cooking process. Drain again. In a large bowl, toss together the green beans, red onions and bell pepper. In a small bowl, whisk together the vinegar, mustard, sugar, salt and pepper. Slowly whisk in the olive oil until mixture becomes thick. Add 1/4 cup of the chopped mint and mix well. Drizzle the dressing over the vegetable mixture and toss well. Sprinkle with remaining mint. Serve cold or room temperature.

Serving Size: Serves 6 Calories: 150 Carones: 190 Total Fat: 10g Cholesterol: 0mg Sodium: 190mg Total Carbohydrates: 12g Dietary Fiber: 2g Protein: 2g

Nutritional Information