

Blue Cheese–Walnut Green Beans

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Tender–crisp green beans tossed with creamy blue cheese and topped with toasted walnuts pair well with Thanksgiving turkey!

4 servings, about 1 cup each | **Active Time:** 20 minutes | **Total Time:** 20 minutes

Ingredients

- 1 pound green beans, trimmed
- 1/4 cup water
- 2 teaspoons extra–virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/3 cup crumbled blue cheese
- 1/3 cup toasted chopped walnuts , (see Tip)

Preparation

1. Bring green beans and water to a boil in a large skillet. Reduce heat to a simmer, cover and cook until the beans are just tender, 3 minutes. Uncover and continue cooking, stirring occasionally, until the water has evaporated, 3 to 4 minutes more.
2. Add oil, salt and pepper to the pan and cook, stirring, 1 minute more. Transfer the beans to a large bowl and toss with blue cheese until well coated. Sprinkle each serving with walnuts.

Nutrition

Per serving : 163 Calories; 12 g Fat; 3 g Sat; 4 g Mono; 8 mg Cholesterol; 10 g Carbohydrates; 6 g Protein; 4 g Fiber; 302 mg Sodium; 233 mg Potassium
1/2 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 high–fat meat, 2 fat

Tip: To toast chopped or sliced nuts, stir constantly in a small dry skillet over medium–low heat until fragrant and lightly browned, 2 to 4 minutes.

Tip: If you do not like blue cheese, try a crumbled feta cheese instead.