

CUT 

# Grilled Sesame Green Beans



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 70, calories from fat 40, total fat 4.5g, saturated fat 0.5g, cholesterol 0mg, sodium 300mg, total carbohydrate 8g, dietary fiber 4g, sugars 2g, protein 2g, vitamin A 15%, vitamin C 30%, calcium 4%, iron 8%

- 1 lb green beans, trimmed
- 1 Tbsp Food Club olive oil
- ½ tsp salt
- Freshly ground black pepper to taste
- 2 tsp toasted sesame seeds

**DIRECTIONS:**

- Heat grill.
- Toss green beans with olive oil, salt and pepper. Spread in an even layer on a grill pan. Grill, turning once halfway through cooking, until tender and beginning to brown, about 10 minutes. Toss with sesame seeds.

**Tip:** To toast sesame seeds: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Source: adapted from eatingwell.com

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

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## Shopping List

**PRODUCE:**

- 1 lb. Green beans

**SPICES/SEASONINGS:**

- Salt
- Black pepper

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Food Club olive oil
- Sesame seeds