

Crisp Green Bean and Corn Salad

A tangy, refreshing and crunchy salad that pairs well with your favorite chicken dishes. This salad is a good source of vitamin K and fiber!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

2 Tbsp	Olive Oil, <u>divided</u>
¼ cup	Red Wine Vinegar
1/4 tsp	Kosher Salt
1/8 tsp	Black Pepper
1 tsp	Honey
2 cups	Green Beans, sliced thinly on a diagonal
2 cloves	Garlic, minced
2 cups	Corn, frozen (1/2 of one 16 oz. bag)
¼ cup	Feta Cheese, crumbles

CHEF'S NOTES

You can also swap out the green beans for sliced snap peas or snow peas. Allowing the corn to brown lightly will provide a rich caramelized flavor that is perfectly balanced with the tangy dressing.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium sized bowl, add 1 Tbsp of the olive oil, red wine vinegar, salt, black pepper, and honey. Mix together with a whisk or fork until ingredients are combined.
3. Heat the remaining 1Tbsp olive oil in a large sauté pan over medium heat. Once the oil is hot, add the corn to the pan. Let cook for about 5 minutes then add the garlic, and cook for another 2 minutes. Add chopped green beans and cook for 1 minute.
4. Transfer the cooked vegetables to the bowl with the dressing. Mix until all ingredients are lightly coated with the dressing.
5. Top with feta cheese and serve.

Nutrition Facts

4 servings per container

Serving Size 3/4 cup (158 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 11g 14%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 300mg 13%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 10%

Total Sugars 5g

Includes 1g Added Sugars 1%

Protein 6g 11%

Vitamin D 0mcg 0%

Calcium 30mg 0%

Iron 0.91mg 5%

Potassium 300mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

