

Blue Cheese-Walnut Green Beans

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.

Tips & Notes

- **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.

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.

Nutrition Bonus: Vitamin C (20% daily value), Vitamin A (15% dv).

Carbohydrate Servings: 1/2

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