



**Chefs4You**  
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## Green Bean Caprese Salad



This refreshing salad comes together easily and is packed full of flavor and texture. Your favorite cheese (fresh mozzarella, feta) may be added for a caprese variation.

**Servings:** 6 - 8

**Prep Time:** 15 min.

**Cook Time:** 5 min.

### INGREDIENTS

- 1 lb green beans (fresh)
- ¼ cup thin sliced red onions
- 1 cup(s) cherry tomatoes, halved
- 2 teaspoons of capers
- 1/2 cup(s) basil, thinly sliced
- 1/4 cup(s) lemon juice
- 1/2 cup of extra-virgin olive oil

- 1.** Boil water and season it with salt. Add beans and cook until crisp-tender, about 4 - 5 minutes. Drain and dip in cold water ice bath. Spread on a baking sheet lined with paper towels to cool completely and remove excess moisture.
- 2.** Combine cooled beans, red onions, tomatoes, capers.
- 3.** Combine lemon juice and olive oil; whisk to combine and pour over bean mixture.

**The Basics** - a 1 cup serving of green beans, cooked, provides 44 calories, 2.5 g of protein, 10 g of carbohydrates, 0 g of fat, 4 g of dietary fiber and 1.25 mg of sodium. This fat-free green vegetable is rich in many vitamins and minerals, including **vitamins C and K, folate, potassium and manganese**. In addition, they are a food source of several **carotenoids**, which is a form of **Vitamin A** found in fruits and vegetables that act as antioxidants. Carotenoids in green beans include beta-carotene, lutein and zeaxanthin. According to the U.S. Department of Agriculture, American adults do not consume enough vitamin A, in the form of carotenoids, vitamin C, potassium or dietary fiber; children and adolescents fall short on dietary fiber and potassium, and older adults do not consume enough folate-rich foods -- making green beans an excellent choice. Vitamin C, in conjunction with the carotenoids, helps to support the immune system and prevent cellular damage caused by free radicals. According to the National Cancer Institute, populations that consume diets rich in fruits and vegetables have a lower cancer risk, in part, due to their high carotenoid, vitamin A and C content. This protective benefit is particularly pronounced for cancers of the lung, gastrointestinal tract, breast, oral cavity, pancreas, uterine cervix, and ovary. Green beans are rich in all of these protective nutrients.

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