



WellBeingMD's Mindful Kitchen



Spiced Green Beans with Tomatoes

(Fagirole Picante)

Adapted from <http://www.italianfoodforever.com>

This is a great recipe to use those end of season summer superstars- green beans and tomatoes. It's a perfect side dish for chicken or fish. Variations of this recipe can be found all over the Middle East and Mediterranean. Often served as a side, it can also be a main dish with the addition of fried eggs.

Makes four to six servings

Prep time: 10 to 15 minutes

Cook time: 45 minutes

Ingredients:

- 1 medium **white onion**, finely chopped
- ½ cup **extra-virgin olive oil**
- 2 **garlic cloves**, finely chopped
- ¼ to ½ tsp. **dried red-pepper flakes**, to taste
- ¾ lb. **green beans**, trimmed
- 1½ cups roughly **chopped tomatoes**
- 2 heaping tbs. **tomato paste**
- Salt and freshly ground **black pepper**
- Squeeze of **lemon juice**

Directions:

1. Cook the beans until tender crisp in boiling, salted water, then drain, and immediately plunge the beans into a bowl of ice water to stop the cooking process.
2. Cook the onion in oil in a large frying pan over low heat until soft, about 10 minutes.
3. Add the garlic and red-pepper flakes, and continue to cook for another two minutes. Then add the tomatoes, tomato paste, ½ cup water, and seasoning.
4. Bring to a boil and then reduce the heat, and cook for about 15 minutes or until the tomatoes have thickened.
5. Drain the beans, and then add them to the tomato mixture. Stir well to coat the beans, and cook just until the beans have reheated.
6. Taste the sauce and add more seasoning or red-pepper flakes as necessary. Squeeze in a little lemon juice. Serve warm or at room temperature.



Green Beans: 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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Home of "The Mindful Kitchen"

11950 S. Harlem Avenue - Palos Heights, IL 60463 - 708.448.9450

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