

# Maple Dijon Green Beans

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD;  
recipe by Dreena Burton

These beans are fresh and vibrant, and if you have leftovers, they'll develop a lovely pickled flavor.

## About the Recipe

**47 Calories · 3 g Protein · 3 g Fiber**

**Side Dish**

**Gluten-free · Nut-free**

## Ingredients

***Makes 3 Servings***

- 20 green beans, ends trimmed
- 1 tbsp (15 mL) nutritional yeast
- 1 tsp (5 mL) Dijon mustard
- 1 tbsp (15 mL) apple cider vinegar
- 2 tsp (10 mL) coconut nectar or pure maple syrup
- 1/4 tsp (1.2 mL) iodized salt
- Ground black pepper

## Directions

1. Place a large pot of water over high heat, and bring to a boil.&nbsp;
2. Add the green beans and cook for 2 to 3 minutes. Run the beans under cold water to stop the cooking process. Drain the beans and pat dry, if needed.
3. In a large bowl, combine the yeast, mustard, vinegar, nectar or syrup, salt, and pepper (if using). Whisk until thoroughly combined.&nbsp;

4. Add the green beans, and toss to coat thoroughly. Let sit for 30 minutes, and then serve.

## **Nutrition Facts**

*Per serving (1/3 of recipe)*

**Calories:** 59 kcal

**Fat:** 0.5 g

**Saturated Fat:** 0 g

**Calories From Fat:** 8%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 8 g

**Sugar:** 6 g

**Fiber:** 3 g

**Sodium:** 358 mg

**Calcium:** 39 mg

**Iron:** 0.7 mg

**Vitamin C:** 6.1 mg

**Beta-Carotene:** 247 mcg

**Vitamin E:** 0.3 mg