

Green Beans and Zucchini with Sauce Verte

Any leftover sauce is great on couscous or rice.

U.S.

Sauce Verte:

1/3 cup	Basil, fresh, packed	19.1 g
1 each	Green Onion, chopped coarsley	1 each
2 Tbsp	Parsley, fresh, packed	7.2
2 Tbsp	Capers, drained	17.2 g
1 Tbsp	Lemon Juice	15 mL
2 tsp	Dijon Mustard	10 g
1 clove	Garlic	1 clove
3 Tbsp	Extra Virgin Olive Oil	45 mL
1/2 tsp	Salt, Kosher	3 g
to taste	Black Pepper, ground	to taste

Metric

Vegetables:

1 Tbsp	Extra Virgin Olive Oil	15 mL
1 lb	Green Beans, washed, ends trimmed	453.6 g
12 oz	Zucchini, halved lengthwise, each half cut into 1/3" wide strips	340.2 g
3 Tbsp	Water	45 mL
2 Tbsp	Parsley, fresh	7.2 g
1/2 tsp	Salt, Kosher	3 g

Preparation:

Sauce Verte:

1. Gather all ingredients and equipment.
2. Place the basil, green onion, parsley, capers, lemon juice, mustard, and garlic in a blender and run until finely chopped
3. With the machine running, gradually add the olive oil. Process until a smooth puree forms. Season with the salt and pepper. Set aside.

Vegetables:

1. Heat oil in a heavy sauté pan over medium-high heat. Add vegetables; stir until coated. Sprinkle with the salt and water.
2. Cover and cook for about 4 minutes, until the vegetables are almost crisp-tender, stirring occasionally.
3. Uncover and cook the vegetables until they are just tender about 2 more minutes longer.
4. Remove from heat and stir enough sauce to coat the vegetables (~1/4 cup).

Nutrition Facts**Serving size** **1/2 cup**
Servings **7****Calories** 70
Calories from Fat 40Total Fat 5 g
Saturated Fat 1 g
Trans Fat 0 g
Monounsaturated Fat 0 g
Cholesterol 0 mg
Sodium 160 mg
Carbohydrates 6 g
Dietary Fiber 2 g
Sugars 3 g
Protein 2 gVitamin A 15 %
Calcium 4 %
Vitamin C 30 %
Iron 6 %
Phosphorus 45 mg
