

# Skillet Green Beans with Peaches

Get in some of your fruits and veggies for the day with this awesome combination of peaches and green beans. Green beans are a good source of vitamin K and vitamin C.

Makes: 5 Servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Source: [fingerlakeseatSMARTNewYork.org/recipes/skillet-green-beans-peaches](http://fingerlakeseatSMARTNewYork.org/recipes/skillet-green-beans-peaches)



Small Changes,  
BIG Difference!

## Ingredients

- 2 peaches, sliced and cut into chunks
- 1 pound trimmed green beans
- 1 tbsp. olive oil
- Pinch of salt
- Pinch of freshly ground pepper
- 1 tbsp. raw unsalted sunflower seeds

## Directions

1. In a large bowl toss the green beans with oil, salt, and pepper.
2. Heat skillet to medium high heat. Cook the green beans, stirring often until beans are crisp-tender, (5-8min.) add peaches and continue to cook until peaches are lightly browned, (3-4 minutes).
3. Top with raw sunflower seeds & serve.



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	80
Total Fat:	0 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	30 mg
Total Carbohydrates:	3 g
Dietary Fiber:	3 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	2 g

## Utensils Needed

- Large bowl
- Medium skillet
- Cutting board and sharp knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.00

Average cost/serving: \$1.00

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart  
Medium Peaches



Add 1 to Cart  
Unsalted Sunflower Seeds  
(4 oz)



Add 1 to Cart  
Green Beans (16 oz or 1  
pound)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips: Green Beans

- Choose green beans with long pods that are firm, plump, and shiny. Beans should snap easily when bent. Avoid green beans that feel too soft. One pound of beans makes about four servings.
- Store in the refrigerator in a plastic bag and use within 3-5 days. Beans can also be blanched for 3 minutes, cooled, and frozen for preservation.
- Steam in water until tender-crisp, prepare on stovetop, microwave them or add them directly to soups, stews, stir-fries, and other recipes.