

Green Beans with Lemon Zest

3 Ingredients, 4 serves, 10 Minutes Total Time

3 tablespoons olive oil
1 teaspoon lemon zest
200 grams green beans

Instructions

- Blanch beans until just tender and shock in ice water to stop cooking.
- When ready to serve – place blanched and cooled beans in a sauté pan and turn heat to medium.
- Add olive oil and toss coating beans.
- Do not overcook – just re-heat.
- Add lemon zest.
- Toss again and season with salt.
- Serve immediately.

Tip: Left over vegetables make wonderful additions to salads.

Warnings

**GREEN BEANS: one serve of veg allowed per meal on SIBO phase 1, and 1-2 serves on phase 2. 10 beans = one serve.

Nutritional Information (per serving)

Calories	46
Total Fat	3g
Saturated Fat	--
Cholesterol	--
Sodium	3mg
Total Carbohydrate	4g
Dietary Fibre	1g
Sugars	2g
Protein	1g
Calcium	19mg
Iron	1mg
Magnesium	13mg
Phosphorus	19mg
Potassium	106mg
Vitamin C	7mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg