

**Fresh Green Bean and Tomato Salad Recipe****Ingredients**

- 2 pounds green beans
- 1 1/2 teaspoons prepared mustard
- 2 tablespoons cider or white vinegar
- 1/4 cup olive oil
- Kosher salt and freshly ground pepper taste
- 1 tablespoon Italian seasoning blend
- 1 tablespoon snipped chives OR ¼ c diced onions
- 3-4 large fresh tomatoes, cut into bite-sized pieces

Yield: 8 servings  
Portion size: 1 cup  
Exchanges: 2 vegetable and 1.5 fat

**How to Make It****Step 1**

Bring a large pot of salted water to a boil. Add the green beans and cook until they are crisp-tender, about 5 minutes. Drain and rinse the green beans under cold water until they are chilled; pat the green beans dry.

**Step 2**

In a large bowl, whisk the mustard with the vinegar. Gradually whisk in the olive oil and season with salt and pepper. Add the green beans, seasoning, chives /onions and toss to coat. Add the tomatoes, toss gently and serve.

**Make Ahead**

The salad can be refrigerated for up to 4 hours.

**Cheesy Zucchini Halves****Ingredients**

- 3 medium size zucchini or 3 medium yellow squash
- 1/4c. grated cheese (any flavor)
- Pinch of oregano
- 1 tablespoon olive oil
- Salt and Pepper to taste

Yield: 6 servings  
Portion size: 1 half  
Exchanges: 1 vegetable and 2 fat

**How to Make It****Step 1**

Preheat oven to 375°F. Wash zucchini and slice off ends. Slice the zucchini in half lengthwise and place face up on foil-lined baking sheet. Drizzle surface with olive oil. Sprinkle with cheese, oregano, salt and pepper.

**Step 2**

Place in oven to roast uncovered 10-15 minutes or until cheese melts and turns brown and zucchini is tender. Serve and enjoy!

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*The harvested vegetables in these recipes are rich in vitamins, antioxidants, and phytochemicals. Research connects increased intake with decreased risk of cancer and cardiovascular disease. These recipes are healthy and delicious and can be eaten as the main course or on the side at any meal!* - From Elizabeth Ramos, Registered Dietitian, in the USI Food and Nutrition Lab

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