

Green Beans, Cranberries, and Nuts

Serving Information

Makes approximately 2 servings
(one serving = 2/3 cup)

Ingredients

1 cup green beans or 1 cup frozen green beans or 1 cup of fresh green beans, trimmed and cut into 4 inch pieces
2 tsp. canola or olive oil
2 Tbsp. dried cranberries or ½ cup fresh or frozen cranberries
2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
½ Tbsp. honey
lemon pepper, dill, or seasoning blend of your choice

Equipment

Medium
saucepan
Colander
Measuring
spoons

Directions

1. Drain and rinse canned green beans. If using frozen or fresh, cook until tender crisp and drain.
2. Heat oil in saucepan, add dried cranberries and nuts.
3. Cook stirring often.
4. Once cranberries are softened, stir in green beans; cook until beans are heated through.
5. Add honey and stir well.
6. Serve beans hot sprinkled with your choice of seasoning(s).

Source: Dining with Diabetes WVUES, 2000-Present

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Nutrition Facts	
Serving Size 1/2 cup (86g)	
Serving Per Container 3	
Amount Per Serving	
Calories 79	Calories from Fat 46
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8.4g	3%
Dietary Fiber 2.2g	9%
Sugars 5.3g	
Protein 1.2g	2%
Vitamin A 5%	• Vitamin C 13%
Calcium 1.6%	• Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



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