



## Grilled Green Beans with Peppers and Onions

**Prep: 15 minutes**

**Grill: 10 minutes • Serves: 8**

- 2 red bell peppers, cut lengthwise in half and seeds removed
- 1 medium red onion, cut crosswise into ¼-inch-thick slices
- 2 tablespoons plus 1 teaspoon olive oil
- 1¼ teaspoons salt
- 1½ teaspoons coarsely ground black pepper
- 2 pounds fresh haricot vert French beans or green beans, trimmed

**1.** Prepare outdoor grill for direct grilling over medium heat. Brush both sides of peppers and onion slices with 1 teaspoon oil, and sprinkle with ¼ teaspoon salt and ½ teaspoon black pepper. In large bowl, toss beans with remaining 2 tablespoons oil until well coated.

**2.** Place peppers and onion slices on hot grill rack and cook 7 to 10 minutes or until tender, turning vegetables once halfway through cooking. Transfer vegetables to cutting board.

**3.** Meanwhile, preheat grill basket or grid on hot grill rack 1 minute. Add beans to basket, in batches if necessary, and cook 3 to 5 minutes (6 to 8 minutes for green beans), or until charred in spots and tender, stirring occasionally. Transfer beans to large bowl.

**4.** Cut bell peppers into ¼-inch-thick slices and separate onion into rings. Add peppers, onion and remaining 1 teaspoon each salt and black pepper to bowl with beans; toss until well combined.

*Approximate nutritional values per serving:*

*82 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 340mg Sodium, 11g Carbohydrates, 4g Fiber, 2g Protein*

### Helpful tip:

- > Try using a light butter in order to take in less saturated fats. Land O'Lakes® light butter is a great alternative as it is real butter, with some of the saturated fats removed and replaced with healthy unsaturated fats.