



Creamy Green Beans and Potatoes

Servings 8 | Prep time 30 mins. | Total time 50 mins.

Equipment: Large Saucepan, Measuring Cups and Spoons

Utensils: Mixing Spoon

Ingredients

2 cups frozen green beans
2 tablespoons olive or vegetable oil
1 tablespoon corn starch
¼ teaspoon dried basil
¼ teaspoon dried rosemary
¼ teaspoon salt
1/8 teaspoon black pepper
1 cup skim milk
½ cup sliced mushrooms
2 cups roasted small potatoes, quartered

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Cook frozen green beans according to package directions. Set aside.
3. Heat oil in a large saucepan on medium heat, stir in corn starch until evenly blended for three to four minutes.
4. Slowly add basil, rosemary, salt, pepper, milk, and mushrooms stirring constantly until mixture has thickened, about five minutes.
5. Add green beans and potatoes and stir until heated through, and mushrooms have fully cooked.

Nutritional Information:

Calories 90
Total Fat 4g
Sodium 90mg
Total Carbs 11g
Protein 2g