

Steamed Green Beans and Carrots with Charmoula Sauce

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/flat-green-beans-turkish-recipe>

Ingredients:

- 1 pound green beans French-style, ends trimmed
- 1/2 pound carrots
- 1 stick beans
- 1 clove garlic slightly chopped
- 1 cup chopped cilantro coarsely
- 1/2 cup flat leaf parsley coarsely chopped
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice I use my fresh-frozen lemon juice
- 3/8 teaspoon smoked paprika or hot
- 3/8 teaspoon ground cumin
- ground black pepper
- salt

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 12 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 5 grams

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