

Contact: Amy Flynn  
Fleishman-Hillard  
916-492-5345  
amy.flynn@fleishman.com

Linda McCashion  
United States Potato Board  
303-873-2326  
lindam@uspotatoes.com

### **SAUTÉED GREEN BEANS AND POTATOES WITH ROSEMARY AND LEMON ZEST**

1 pound red potatoes  
1/4 cup olive oil  
1 tablespoon chopped garlic  
1 1/2 tablespoons finely chopped rosemary  
1 teaspoon grated lemon zest  
1/4 teaspoon red chili flakes  
1 pound green beans, trimmed and blanched  
2 teaspoons lemon juice  
Salt

Simmer potatoes until tender, drain and cool. Quarter potatoes lengthwise. Set aside.

In large sauté pan, heat oil; add garlic and sizzle for 30 seconds. Add rosemary, lemon zest and chili flakes; sizzle until fragrant. Add potatoes and beans; sauté until vegetables are hot and coated with seasonings. Sprinkle with lemon juice; season with salt. Serve warm.

Makes 6 servings.

*For a complete meal:* Add 3/4 lb. diced, pre-cooked chicken breast, or peeled and deveined shrimp\*, to skillet along with potatoes and beans. (\*Cook until shrimp is fully pink.)

**Per Serving:** 162 calories; 16 g carbohydrates; 10 g fat; 0 mg cholesterol; 52 mg sodium; 4 g fiber; 3 g protein; 439 mg potassium; 24 mg vitamin C.

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