

featured

recipe

Honey Mustard
Green Beans

Source: Food Hero

Serving size: 2/3 cup
Servings per recipe: 6



Ingredients

- 1 Tbsp yellow mustard
- 3 Tbsp honey
- 3 Tbsp vinegar
- 4 cups green beans, canned, frozen or fresh

Instructions

1. For fresh green beans, cut them into 1 - 2 inch pieces. Boil or steam until tender, about 5 minutes.
2. In a medium saucepan or skillet, add mustard, honey and vinegar, and mix well.
3. Simmer mixture on low heat until sauce becomes thick, about 10 minutes.
4. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.



Kids Need Physical Activity to
Grow Up Strong and Healthy

Being active every day is great for kids! It can help them maintain a healthy weight, get better grades, and improve their sleep and mood.



Physical Activity Guidelines for Americans, 2nd edition; Move Your Way Fact Sheet for Kids

So what counts as physical activity? Anything that gets kids moving! Here are a few ideas for how to build more physical activity into your child's day:

- **Make physical activity fun for the whole family.** Let your kids help plan activities, and then join in the fun yourself!
- **Build physical activity into celebrations with family and friends.** Plan a trip to the park, lake or playground, or host a dance party!
- **Limit screen time to no more than 2 hours a day.** Limit TV, video games, and the computer (except for school work).

For more ideas on moving more, go to **WhatsYourMoveNY.org**.

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