

Green Beans

INGREDIENTS:

1 lb fresh green beans
¼ C chopped onion
2 ea minced garlic cloves
½ t salt (optional)
1/8 t fresh ground pepper
1/8 t crushed red pepper flakes
2 T shelled sunflower seeds
1 t chopped fresh oregano

DIRECTIONS:

Cut the ends off the green beans. Place beans in saucepan, add 1 cup water, onion, garlic, salt and pepper. Cover and bring to a boil, reduce heat to simmer and cook about 8 minutes until the beans are crisp and tender. Drain. Sprinkle sunflower seeds, oregano and crushed pepper over the bean. Toss lightly to mix.

Makes 6 servings.
Calories: 61/serving

NUTRITIONAL INFORMATION PER SERVING:

2g protein
8g carbohydrates
3g fat
195 mg sodium
0mg cholesterol
2g fiber