

Green Beans with Almonds (Makes 8 servings)

4 cups frozen or fresh green beans, cut in 1-inch pieces

1 Tablespoon basil flavored olive oil

1/2 cup sliced almonds

A pinch of coarse salt

Steam or microwave beans until tender crisp (approximately 2 minutes), drain. Add almonds, olive oil and a pinch of salt. Toss and serve.

Nutrition Information

Per serving (1/2 cup): Calories: 66; Fat: 4.4 gm; Saturated Fat: 0.4 gm; Carbohydrate: 5.2 gm; Sodium: 26 mg;

Fiber: 7 gm



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