

Sauteed Green Beans with Peppers and Onions

Serving Size: ½ cup

Serves: 8

Ingredients:

2 tablespoons extra virgin olive oil
1 cup onion, chopped
3 pounds fresh green beans, trimmed
1 clove garlic, minced
½ cup sweet red peppers, diced
Dash of salt
¼ teaspoon black pepper
½ tablespoon chopped fresh dill

Directions:

Heat the olive oil. Saute the onions just until soft. Add the green beans, garlic and peppers and sauté until the beans are tender but still bright green, about 8 minutes. Stir in the salt, pepper, and dill and saute until the dill is cooked, about 2 to 3 minutes. Serve hot.

Exchanges per serving:

2 Vegetable, 1 Fat

Nutrients per serving:

Calories: 94
Calories from fat: 32
Total Fat: 4g
Cholesterol: 0mg
Sodium: 24mg
Total Carbohydrate: 15g
Dietary Fiber: 6g
Protein: 3g