

BASIL GREEN BEANS

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

- 1 lb. fresh green beans
- 1 Tbsp. minced spring onion
- ½ tsp. butter or margarine
- 1 tsp. dried basil leaves
- 1 tsp. garlic powder
- Dash pepper

Instructions

1. Trim and snap green beans into thirds. (You can do this ahead of time.) Mince onion.
2. Put water on to boil to steam beans. As soon as water boils, steam beans for 12 to 17 minutes or until tender.
3. Melt butter or margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper.
4. Toss beans with basil sauce to coat evenly and serve.

Makes 4 servings.

Nutritional information per serving (4 servings)

- Calories: 46
- Total fat: 1g
- Saturated fat: 0g
- Total carbohydrates: 8g
- Dietary fiber: 1g
- Protein: 2g
- Sodium: 7mg

