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## *Granada Green Beans*

Saute these green beans in garlic, olive oil and sun-dried tomatoes for a delidous flavor.

### **Serves 4**

- 1 pound fresh green beans, rinsed and trimmed 2 tablespoons light olive oil
- 1 clove garlic, minced
- 3 tablespoons sun-dried, julienne tomatoes (not packed in oil)
- Salt and pepper to taste

Fill a large skillet with water until it is about 1/2 inch deep. Bring the water to a vigorous boil and add the green beans. Cover the skillet and steam-cook the green beans for about five minutes or until they reach desired tenderness. Drain the beans and set them aside. Place the skillet over medium heat and add the olive oil, garlic and sun dried tomatoes. Saute this mixture for several minutes and then return the cooked green beans to the skillet, stirring until they are completely heated through. Season with salt and pepper, if desired.

### **Nutritional value per serving:**

Calories: .....128

Carbs:.....4 grams

Protein:.....2 grams

fat: .....1 gram

fiber:.....4 grams

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