



Garlicky Green Beans

6 servings (1/2 cup each)

- 1 ½ lb. green beans, ends trimmed
- 1 small onion, chopped (½ cup)
- 3 large cloves garlic, minced (1 Tbsp. minced garlic)
- 1 Tbsp. canola or olive oil
- 1 ½ tsp. paprika
- 1 (16 oz.) can low sodium whole tomatoes, drained (save liquid) and coarsely chopped

- Steam green beans for 5 minutes, then quickly chill them under cold water. Set aside.
- In medium saucepan, sauté onion and garlic in oil for about 3 minutes. Stir in paprika and the reserved liquid from the tomatoes. Cook mixture, stirring it, until it is slightly thickened.
- Add tomatoes and reserved green beans, mixing ingredients well. Cook mixture, stirring it over medium heat for 2 minutes or until heated through and beans are tender-crisp.

Recipe adapted from *Jane Brody's Good Food Book*

Nutritional information:

Calories: 72	Total fat: 2.6g
Saturated fat: 0g	Carbohydrates: 12g
Dietary fiber: 4g	Protein: 2.5g