

Basil Green Beans

1 pound fresh or frozen green beans
2 teaspoons margarine
 $\frac{1}{2}$ teaspoon basil
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	37
Carbohydrate:	6 grams
Protein:	1 gram
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	114 milligrams
Dietary fiber:	2 grams

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1. Wash and trim green beans if using fresh.
 2. Simmer or steam fresh or frozen beans until tender.
 3. Add margarine, basil, salt, and pepper.
 4. Toss to coat.