

GREEN BEANS WITH MUSHROOMS

SOURCE: PRUDENTIAL LIFESTYLES COOKING (Judy Miller Hasselkus, Long Island NY)

INGREDIENTS:

2 cloves garlic, minced
1/4 lb small fresh mushrooms, trimmed/sliced
1 TBS butter
1 medium red onion, cut in thin strips
1 lb fresh green beans, trimmed
Fresh ground pepper, to taste
1 tsp dill weed
2 TBS toasted almonds or pine nuts

DIRECTIONS:

Sauté garlic & mushrooms in butter till tender - stir in onions - set aside. Steam or cook beans in small amount of water till tender-crisp - drain. Combine beans & mushroom mixture - add peppers & dill weed. Garnish with nuts. Serve immediately

Yields: 6 servings

[per serving: 75 calories; 35mg sodium; 6mg cholesterol; 10gm carbohydrate; 3gm protein; 4gm fat -
diabetic exchange: 1 serving =1 veg, 1 fat]