BRAISED LIMA BEANS WITH TOMATO & PARSLEY

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 tsp reduced-calorie margarine
2 onions, chopped
2 1/4 C thawed frozen baby lima beans
2 tsp chopped thyme leaves
1/4 tsp salt
1/4 tsp freshly ground pepper
1 C water
2 plum tomatoes, diced
1/4 C chopped flat-leaf parsley

DIRECTIONS:

In medium non-stick skillet, melt margarine. Sauté onions till softened (about 5 minutes). Stir in lima beans, thyme, salt, pepper & water. Simmer, covered, till beans are very tender (about 15 minutes). Add tomatoes & cook till heated through - stir in parsley just before serving.

Makes 4 servings

(per serving: 152 calories; 2g total fat; 0g saturated fat; 0mg cholesterol; 206mg sodium, 28g total carbohydrates; 6g dietary fiber; 8g protein, 51mg calcium - WW points per serving: 2)