

## **GREEN BEANS IN TOMATO VINAIGRETTE**

**SOURCE: Weight Watchers New Complete Cookbook**

### **INGREDIENTS:**

1 lb green beans, cut into 2" lengths	1 tsp olive oil
3 garlic cloves, minced	1/2 C chicken or vegetable broth
1/2 C canned tomatoes	1/4 C mixed vegetable juice
1 TBS red-wine vinegar	1/2 tsp salt
1 tsp minced fresh oregano (or 1/2 tsp dried)	1/4 tsp freshly ground pepper
1 tsp minced fresh marjoram (or 1/2 tsp dried)	1/4 tsp sugar
1/4 tsp freshly ground pepper	

### **DIRECTIONS:**

In large pot of boiling water, cook beans till just tender (about 4 minutes) - drain. Rinse under cold running water - drain thoroughly.

In large nonstick skillet, heat oil - sauté garlic till lightly browned (about 1 minute) - stir in broth, tomatoes, vegetable juice, vinegar, oregano, marjoram, salt, pepper & sugar - bring to boil. Reduce heat & simmer 5 minutes.

Transfer tomato to large non-reactive bowl - add green beans - toss to coat. Marinate 1 hour at room temperature before serving.

Makes 4 servings

(per serving: 56 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 507mg sodium, 10g total carbohydrates; 2g dietary fiber; 3g protein, 54mg calcium - WW points per serving: 1)