

Green beans with red pepper and garlic

Serves 6

1 Lb. green beans trimmed & cut into 2" pieces

1 red bell pepper seeded and julienne

2 tsp. olive oil

½ tsp. chili paste

1 clove of garlic finely chopped

1 tsp. sesame oil

½ tsp. salt

¼ tsp. fresh ground pepper

Cook beans in boiling water until crisp tender and bright green

Drain and plunge into a bowl of ice water to stop the cooking.

Drain and set aside.

In a large frying pan heat olive oil over medium heat. Add the peppers and stir 1 minute. Add the beans and sauté 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans should be tender and still bright green. Drizzle with the sesame oil and season with salt and pepper. Serve immediately

Nutritional Analysis per serving:

50 calories

2 g total fat

<1 g sat. Fat

0 mg cholesterol

201 mg sodium

7 g carbohydrates

3 g dietary fiber

2 g protein