

## **Crumb-Topped Green Beans**

1 1/4 lb. green beans  
1 tbsp. margarine  
1/2 cup onion, chopped  
1/4 cup Italian-seasoned dry bread crumbs

Steam the green beans, covered, for 12 minutes or until crisp-tender. Melt the margarine in a large nonstick skillet over medium heat. Add chopped onion and bread crumbs, and sauté for 1 minute. Add green beans, and sauté for 4 minutes or until tender. Makes 4 servings

Nutrition information per serving: calories 118; protein 4 grams; fat 4 grams; sodium 279 mg