

## **Green Beans Almondine**

1 1/2 pounds green beans, fresh or frozen,  
cut into 1" pieces  
3 tbsp. lemon juice  
2 tsp. lowfat margarine  
1/4 cup slivered almonds, toasted

In a large saucepan, cook green beans, covered, in a small amount of boiling water for 20-25 minutes or until crisp-tender. Cook frozen beans according to the package directions, except omit the margarine or butter and salt. Drain well. Meanwhile, in a small mixing bowl, stir together the lemon juice and melted margarine. Pour mixture over the green beans and toss to coat. Gently stir in the toasted almonds. Serve immediately. Makes 8 servings.

Nutrition information per serving: calories 70; protein 3 grams; fat 4 grams; sodium 15 mg