

Parisian Green Beans

32 oz frozen green beans, cooked
3 garlic cloves, minced
1 tablespoon extra-virgin olive oil
¼ cup bell pepper flakes (found in seasoning isle)
1 tablespoon dill weed
½ teaspoon salt
¼ cup chopped walnuts

Cook beans as directed then add to skillet with olive oil. Add the remainder of the ingredients and cook over medium heat for 5-7 minutes.

Analysis for one serving:

Makes 6 cups (12 - ½ cup servings)

Calories: 58.5, Fat: 2.85 g, Total carbohydrate: 5.75 g,
Protein: 1.6 g, Dietary fiber: 2.55 g, Sodium: 100 mg