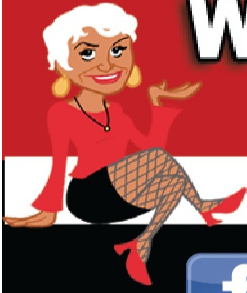


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GREEN BEANS WITH LEMON & BROWNE D GARLIC

Basic Lifestyle

Ingredients

3/4 cup water
1 pound green beans, trimmed
2-1/2 TSP olive oil
3 garlic cloves, minced
3 TBS fresh lemon juice
1/8 TSP Morton's Lite salt
1/8 TSP black pepper

Instructions

1. Bring water to a boil in a large nonstick skillet. Add beans. Cook 3 minutes. Drain and set aside.
2. Heat oil in skillet over medium-high heat. Add garlic and beans, and sauté 1 minute.
3. Add juice, salt and pepper. Sauté 1 minute.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 cup = 2 V