



GREEN BEANS WITH LEMON-GARLIC DRESSING

Basic Lifestyle

Ingredients

1 lb. green beans, trimmed
Morton's Lite salt, to taste
1/4 cup fat-free mayonnaise
1 TSP Dijon mustard
juice of 1 lemon
2 cloves peeled garlic, use more or less to taste
(optional: ½ TSP anchovy paste)
pinch cayenne pepper
freshly ground black pepper

Instructions

1. Blanch the beans in a large pot of boiling, salted water until they are crisp-tender, about 3 to 4 minutes.
2. Drain the beans and immediately plunge them into a bowl of ice water to cool them quickly. Drain again. (You can do this in advance and store in the refrigerator for 2 or 3 days.)
3. Combine the mayonnaise, Dijon mustard, lemon juice, garlic (and anchovy paste, if desired), cayenne pepper and plenty of black pepper in a blender or small food processor and puree. (You can also do this in advance and store in the refrigerator for 2 or 3 days.)
4. Toss the beans with the mayonnaise mixture and serve.

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

Serving = ½ cup = 1 V