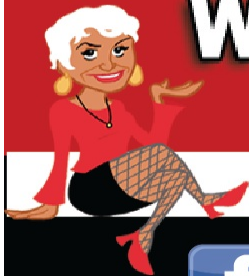


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GREEN BEANS IN GARLICKY TOMATO SAUCE

Intermediate Lifestyle

Ingredients

2 TBS extra virgin oil
6 large cloves garlic, chopped
1-1/2 lbs. ripe tomatoes, peeled, seeded and chopped
(OR, combine one 28-oz. can + one 14-oz. can whole plum tomatoes, drained and chopped)
1 large sprig thyme or ½ TSP dried thyme
freshly ground pepper to taste
pinch of salt
1-1/2 lbs. Green beans, ends removed, broken in 2 pieces
pinch of sugar substitute, option (such as Splenda)
a few drops of lemon juice, optional

Instructions

1. Heat 2 TBS oil in a large saute pan. Add garlic, and saute over medium-low heat for 30 seconds, stirring. Add tomatoes, thyme, salt and pepper. Stir and bring to a boil. Cook uncovered over medium heat for 20 minutes, or until tomatoes soften and become a thick sauce but are not dry.
2. Meanwhile, add beans to a large saucepan of boiling salted water and boil about 5 minutes or until crisp-tender. Drain in a colander or strainer, rinse under cold running water until cool, and drain thoroughly.
3. Add beans to tomato sauce and sprinkle with salt and pepper. Cover and simmer over medium-low heat for 5 minutes. Discard thyme sprig. Taste sauce, adjust seasoning, and add Splenda or lemon juice if you like.
4. Serve hot or at room temperature. Just before serving, stir in remaining oil.

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

Serving = 1 cup = 2 V, ½ FT