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GREEN BEANS with SOY AND CAPERS	Basic Lifestyle
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Ingredients

- 12 oz. fresh green beans, trimmed
- 1/4 onion, julienned
- 2 TBS capers, drained
- 3 cloves garlic, chopped
- 3 TBS soy sauce*
- 1 TBS vegetable oil

Instructions

1. Preheat the oven to broil and line a baking sheet with aluminum foil.
2. Place the green beans on the tray, add the onions, capers, garlic, soy sauce, and vegetable oil over the beans; gently toss to combine.
3. Broil in the oven until the beans are tender, edges are crispy and have absorbed the soy sauce, about 15 minutes.

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

Serving = 1/2 cup = 1 V

*We recommend you substitute soy sauce with Bragg's Liquid Amino, which can be found in any health food store or organic section of the supermarket. Bragg's has a small amount of naturally occurring sodium. No table salt is added.

**For holiday meals, such as Thanksgiving, double or triple the ingredients to yield 8 or 12 servings.