

Two-Bean Toss

Cooking Light Magazine - August 2011

Servings: 4

2 cups green beans, trimmed
1 cup wax beans, trimmed
1 teaspoon grated lime rind
1 tablespoon fresh lime juice
1 tablespoon extra-virgin olive oil
1 tablespoon fresh flat-leaf parsley, chopped
1/4 teaspoon salt
1/4 teaspoon black pepper

In a saucepan, cook the green beans and wax beans in boiling water to cover for 4 minutes or until crisp-tender. Drain and rinse with cold water.

In a medium bowl, combine the lime rind, lime juice, olive oil, parsley, salt and pepper.

Add the beans to the bowl. Toss to coat.

Per Serving (excluding unknown items): 57 Calories; 3g Fat (49.4% calories from fat); 2g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.