

Green Beans Amandine

Brenda DuFresne - Midland, MI
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Servings: 4

*1 pound fresh or frozen
green beans, cut into two-
inch pieces
1/2 cup water
1/4 cup slivered almonds
2 tablespoons butter
1 teaspoon lemon juice
1/4 teaspoon seasoned salt
(optional)*

Place the beans and water in a large skillet or saucepan. Bring to a boil. Cover and cook until crisp-tender, 10 to 15 minutes. Drain. Set aside.

In a large skillet, cook the almonds in butter over low heat. Stir in the lemon juice and, if desired, the seasoned salt.

Add the beans and heat through.

Per Serving (excluding unknown items): 104 Calories; 11g Fat (86.4% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 60mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat.