

# Green Beans Romano



## Ingredients:

- ◆ 2 tablespoons of olive oil
- ◆ 1/3 cup slivered almonds
- ◆ 2 garlic cloves, minced
- ◆ Green Beans (enough for 4)
- ◆ 1/3 cup sun-dried tomatoes, slivered
- ◆ 1/2 teaspoon salt

## Serving

## Size:

1/4 recipe

Serves 4

## Preparation

- ◆ In a medium skillet, heat olive oil over medium-high heat. Sauté almonds and garlic until golden. (Watch carefully so they don't burn!) Add green beans, sun-dried tomatoes, and salt; sauté 6 to 7 minutes, or until green beans are heated. Serve immediately.

Calories	180
Total Fat	13g
Cholesterol	0mg
Sodium	245mg
Potassium	455mg
Carbohydrates	14g
Fiber	5g
Sugar	2g
Protein	5g
Phosphorous	110mg