



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Marinated String Beans

Ingredients

½ pound string beans, tips removed
2 cups tomatoes, seeded and diced
5 cloves garlic, peeled and cut in half
1 tbs dried basil
¼ cup water
2 tsp olive oil
1 tbs balsamic vinegar
Salt and pepper to taste

Directions

1. In a microwave safe bowl, combine beans, tomatoes, garlic, basil and water.
2. Cover and microwave on high for 9 minutes until beans are soft.
3. Let bean mixture cool.
4. Toss with oil and vinegar.
5. Serve hot or cold.

Nutrition Information Makes 4 servings

Per serving:

Calories: 54
Protein: 1.5g
Fat: 2.6g
Carbohydrate: 8g
Cholesterol: 0
Fiber: 2g
Sodium: 249mg



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Eat Smart