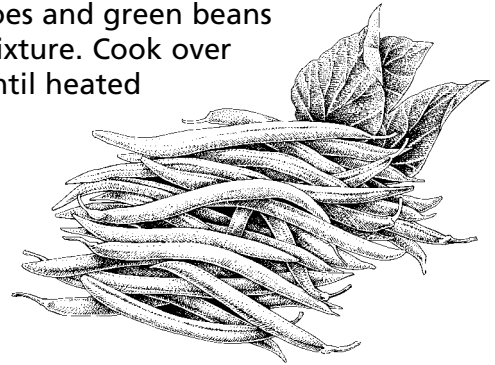


Spicy Green Beans

Serves 8

- 1 pound green beans, fresh, frozen or canned
- 1 teaspoon tub margarine
- 1 onion, chopped
- 1 teaspoon flour
- ¼ teaspoon garlic powder
- 1 teaspoon dried ground oregano
- 1 16-ounce can crushed tomatoes

1. Wash green beans if using fresh.
2. Cook green beans until crisp-tender. Drain. Set aside. (Skip this step if using canned beans.)
3. Chop onion and cook in margarine until tender.
4. Add flour, oregano, and garlic powder to onions. Blend and cook for 1 minute.
5. Add tomatoes and green beans to onion mixture. Cook over low heat until heated thoroughly.



TIP:

- Serve with fish or chicken.

Nutrition Facts:

Serving size: 1 cup; Calories: 50; Fruits and Vegetables: 2 servings; Fat: 1 g; Fiber: 3 g

