



Family Plan

Almond Green Beans

Serving Size : 4 Preparation Time :0:00

Categories : Side Dish

Amount Measure Ingredient -- Preparation Method

- 1 16-ounce package frozen green beans
- 1/2 cup water
- 1/4 cup Sue Bee Honey
- 1/2 cup slivered almonds -- toasted
- 1/2 teaspoon garlic powder
- 2 teaspoons lemon juice
- 1 teaspoon salt and pepper

To toast almonds, place on cookie sheet and roast at 350 degrees for several minutes until lightly browned. Do not overbake.

Mix all ingredients in a 2 quart saucepan and bring to a boil. Continue boiling 5 to 10 minutes or until beans are tender.

Source:

"Sue Bee Honey"

S(Internet address):

"<http://www.suebee.com/>"



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Per Serving (excluding unknown items): 210 Calories; 10g Fat (38.0% calories from fat); 6g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 362mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.