

# Holiday Green Beans



1 1/2 lb. fresh green beans, trimmed  
1/3 cup diced red or orange bell pepper  
1 Tablespoon canola oil  
1 Tablespoon water  
1 1/2 teaspoons spicy brown mustard

1 1/2 teaspoons white wine vinegar or cider vinegar  
1/8 teaspoon black pepper  
1/4 teaspoon garlic powder

Instructions: Place beans and red pepper in a microwave-safe bowl and add 2 Tablespoons of water. Cover and microwave on high for 3-4 minutes or until crisp-tender. Meanwhile, in a bowl, whisk together the remaining ingredients. Transfer beans to a serving bowl; add vinaigrette mixture and toss to coat.

Yield: 9 servings, 1/2 cup each

*Nutritional analysis per serving: 45 calories, 1.5 grams of fat, 10 milligrams sodium, 6 grams carbohydrate, 3 grams fiber, 2 grams protein*