



Creole Green Beans

Spice up your everyday dinners with this jazzy dish.



INGREDIENTS

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| 2 teaspoons vegetable oil | 1 cup chopped fresh tomatoes |
| 2 small cloves garlic, chopped | ½ cup chopped celery |
| 1 (16-ounce) package frozen cut green beans | ½ teaspoon salt |
| 1 cup chopped red bell pepper | ¼ teaspoon cayenne pepper |

PREPARATION

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.



Makes 8 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Nutrition information per serving: Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg