

# Dill-icious Green Beans

## Ingredients:

1 lb	Fresh green beans, cut	454 g
1 Tbsp	Non-hydrogenated margarine	15 mL
½ cup	Onion, chopped	125 mL
1 clove	Fresh garlic, minced	1 clove
2 Tbsp	Fresh dill, chopped	30 mL
¼ tsp	Dried parsley	1 mL
1 tsp	Lemon peel, grated	5 mL
dash	Freshly ground black pepper	dash

## Directions:

1. Cook green beans in boiling unsalted water until tender, about 10 minutes. Drain.
2. In a pan, melt margarine; add onion and garlic and sauté until tender.
3. Add cooked green beans and seasonings and sauté on low for 5 minutes. Serve hot.

**Makes 3 servings (250 mL / 1 cup / 185 g)**

Nutrition Facts Per One Serving (250 mL / 1 cup / 185 g)		
Calories	90	kcal
Carbohydrates	14	g
Fibre	6	g
Protein	3	g
Fat	4	g
Sodium	60	mg
Potassium	367	mg
Phosphorus	68	mg