

Sweet Italian Green Beans

Makes 6 servings; $\frac{3}{4}$ cup each

INGREDIENTS:

1 Tablespoon vegetable or olive oil
 $\frac{1}{2}$ cup onions, chopped
2 cloves garlic, chopped
2 (15 oz.) cans green beans, drained
1 (14.5 oz.) can Italian –style diced tomatoes or $\frac{1}{2}$ cup spaghetti sauce
 $\frac{1}{2}$ teaspoon Italian seasoning
1 Tablespoon sugar (optional)
Salt and pepper to taste

DIRECTIONS:

1. Heat oil in a 12 inch skillet over medium heat. Add the onions; cook and stir until softened. Add garlic and cook for about 30 seconds more.
2. Add tomatoes or sauce, Italian seasoning and sugar. Cook and stir occasionally until sauce is thickened, about 15 minutes. Season with salt and pepper.
3. Add green beans and cook until heated through.

NUTRITION FACTS per serving

Calories: 83

Total Fat: 2.7gm

Saturated Fat: 0.5gm

Cholesterol: 0mg

Sodium: 12mg

Carbohydrates: 14gm

Dietary Fiber: 6gm

Protein: 3.3gm

Cost per recipe ~ \$ 2.44 (10% tax sale included)

Cost per serving ~ \$ 0.40 (10% tax sale included)

(Cost is based on prices of the less expensive brands, at the low prices stores such as Walmart or Aldi. Cost do not include any condiments such as yellow mustard, garlic cloves, cooking oil, salt, peppers or other seasonings that would not significantly change the cost).