

Healthy Green Bean/Cashew Recipe

Hands-on Time

30 Mins Total Time

Serves 4 (serving size: about 1/2 cup)

Ingredients

- 1 lbs fresh green beans
- 2 to 3 tbs. low sodium soy sauce
- 1/4 cup cashews chopped
- Butter buds or 2 tablespoons of real butter or margarine.

Preparation

Steam green beans to desired tenderness.

Drain completely

Add low sodium soy sauce and butter in large sauce pan.

Stir in cashews and simmer on medium heat for 2 to 3 minutes then serve.

Can serve over rice as a meal.