

Green Beans with Cranberries and Walnuts

Use the color of fruits and vegetables to make your holiday meals festive.

16 ounces frozen green beans
? tsp vegetable oil
? cup chopped fresh cranberries
2 tablespoons chopped walnuts
1 Tbsp honey

Place green beans in medium-sized casserole dish and microwave on high until heated and tender, about 6 minutes. Meanwhile, heat a small nonstick skillet over medium high heat and add the oil. Cook the cranberries and walnuts briefly until the cranberries are tender. Toss in the green beans and honey. Serve hot.

Serves 4

Nutritional Information

per 1/2 cup serving:

Calories: 80
Fat: 3 gm.
Saturated fat: 0 gm.
Cholesterol: 0
Sodium: 10 mg.
Carbohydrate: 13 gm.
Fiber: 3.5 gm.
Protein: 2 gm.

Diabetic Exchange:
2 vegetables