

Sautéed Green Beans

Serves 4

Each serving counts as three Green servings, one optional condiment, and one Healthy Fat serving.

- 1-½ lbs green beans, trimmed
- 4 tsp olive oil
- 1 Tbsp shallots, minced
- ¼ tsp freshly ground black pepper

Simmer green beans in a large saucepan for three minutes until crisp-tender. Remove from heat and drain, then plunge into cold water to blanch them. This stops the cooking process and retains the color. Heat skillet with oil. Add shallots and sauté for one minute. Add blanched green beans, sauté for three minutes, and serve.

Cal 110 | Fat 5g | Chol 0mg
Carb 15g | Pro 3g

f o c u s o n f r i e n d s

Holidays are intended to be social gatherings with friends and family, not eating frenzies. Emphasize the social interaction. Plan activities to make the day special: Visit a local pumpkin patch, volunteer at a food bank, or attend local parades or other celebratory events. If possible, include group walks or sports activities so that you can burn calories while having fun. By focusing on the company of those around you, you can celebrate the true spirit of the holidays and make lasting memories with your family and loved ones.