Bacon Parmesan Snap Beans

INGREDIENTS:

- 4 slices bacon, diced
- 2 lb. green beans ends removed
- ¼ c. shredded parmesan cheese
- 2 medium-size garlic cloves, minced
- ⅛ tsp. salt
- ⅛ tsp. black pepper

DIRECTIONS:

Cook and then chop the bacon. Cook the beans by placing them into a large pot of boiling, salted water. Fill another pot or bowl with ice water. Cook the beans until they can be pierced with a fork (usually 3 to 5 minutes). Remove the beans and place them in ice water. Drain well and place in oven-safe pan. Preheat oven to 350 F. Combine the bacon, garlic and parmesan cheese in a bowl, then mix with beans. Bake for 8 to 10 minutes.

NUTRITION:

Makes six (1 cup) servings. Each serving has 70 calories, 2.5 g fat, 5 g protein, 9 g carbohydrate, 5 g fiber and 160 mg sodium.