

Fresh Green Beans with Creamy Basil Dip

INGREDIENTS:

½ pound fresh green beans,
washed and stemmed
1/3 c. low-fat mayonnaise
2 Tbsp. low-fat milk
1 tsp. onion powder
1 Tbsp. fresh basil, chopped

DIRECTIONS:

Wash beans well and snap off ends. Mix together all of the ingredients for the dip, leaving out the green beans for dipping. Keep everything refrigerated until just before serving time.

NUTRITION:

Makes four servings. Each serving has 35 calories, 0.5 g fat, 1 g protein, 7 g carbohydrate, 3 g fiber and 160 mg sodium.