Green Beans with Sliced Almonds

INGREDIENTS:
- 3 slices of low-sodium bacon
- 1 Tbsp. olive oil
- ½ Tbsp. garlic, minced
- ½ Tbsp. dried rosemary or 3 to 4 fresh stems
- 2 c. green beans (fresh or frozen)
- 2 Tbsp. sliced almonds

DIRECTIONS:
- Cook bacon in skillet on medium-high heat until crisp. Remove bacon and dab with paper towel to remove excess grease. Crumble.
- Drain bacon grease into a heat-safe container (for example, an empty can) and discard.
- In the same skillet, add olive oil and garlic; sauté for two to three minutes.
- Add rosemary and green beans to the skillet. Cover and cook, stirring occasionally, for eight to 10 minutes or until beans are soft.
- Add almonds and bacon to beans. Stir.
- Cover and back at 325 F for eight to 10 minutes.

NUTRITION:
Makes four servings. Each ½ c. serving has 110 calories, 8 g fat, 4 g protein, 5 g carbohydrate, 2 g fiber and 70 mg sodium.