

Fried String Beans

Makes: 12 servings (serving is ½ cup)

Per serving: Calories 85, Protein 2 gm, Sodium 50 mg, Potassium 140 mg, Phosphorus 35 mg

Ingredients

1 ½ lbs fresh string beans
4 TBSP margarine or butter
¾ cup salt-free cracker crumbs
Pepper to taste

Directions

1. Cook string beans for 20 minutes by simmering in water.
2. Melt margarine or butter in frying pan.
3. Drain and pour beans into frying pan.
4. Pour crumbs over beans; add pepper.
5. Fry until lightly browned.