

Asparagus & Green Beans with Almonds

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Serves 2

Ingredients

150g young asparagus, trimmed
 100g French beans
 2 teaspoons soft margarine
 30g toasted almond flakes
 Freshly ground black pepper & salt to taste

Method

1. Add asparagus and French beans to a large saucepan of boiling water. Cook for 1 minute, or until just tender.
2. Drain and toss with margarine and almond flakes.
3. Season with pepper and salt to taste.
4. Serve immediately.

Nutrition Information (Per Serving)

Energy	105 kcal
Protein	3.6 g
Total Fat	2.5 g
Saturated Fat	0.8 g
Cholesterol	0 mg
Carbohydrate	3.1 g
*Carbohydrate exchange	0.2 exchange
Dietary fibre	3.0 g

