

## Green Bean "Fries"



French fries are an American favorite food, but they're also loaded with unhealthy fat, calories, and carbohydrate.

### Nutrition Facts

Recipe makes 5 servings

Calories: 90	Dietary Fiber: 2 g
Fat: 2 g	Sodium: 185 mg
Carbohydrate: 14 g	Protein: 4 g
Cholesterol: 40 mg	

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredients

- 8 oz. fresh green beans, trimmed
- 1 egg
- 1 egg white
- Dash of hot sauce
- 1/2 c. cornmeal
- 1/2 tsp garlic salt
- 1/8 tsp ground black pepper
- 2 Tbsp grated Parmesan cheese

### Directions

1. Preheat oven to 425 degrees F.
2. In a shallow dish, whisk together the egg, egg white, and hot sauce.
3. In another shallow dish, mix together the remaining ingredients
4. Dip each green bean in the egg mixture and then lightly coat in the cornmeal mixture.
5. Place the green beans on a baking sheet and bake for 25 minutes, until they are lightly golden. Serve with your favorite dipping sauce.