

Glazed Bell Peppers and Snow Peas

2 – 3 cups snow peas or snap beans
2 tbs water
1/3 cup balsamic vinegar
1 tsp sugar substitute (splenda)
1 tsp extra virgin olive oil
½ large red bell pepper, cut in strips
1 – 2 cloves garlic
1/8 tsp kosher salt
1/8 tsp ground black pepper

Nutritional Facts:

Calories = 45

Fat = 0g Sat. Fat = 0g

Protein = 2g Carbs = 9g

Fiber = 2g

Instructions:

Place the snow peas or snap beans and water in a microwaveable bowl. Cover with vented lid or plastic wrap and microwave on high power for 1 – 5 minutes, or until crisp – tender. Drain remaining water.

Bring the vinegar and sugar substitute to a boil in a small saucepan over medium-high heat. Cook, stirring constantly, for 3 minutes, or until the mixture is reduced to approximately 2 tablespoons. Remove from heat.

Warm the oil in a large non-stick skillet over medium heat. Add the sliced bell pepper and garlic and cook for 2 minutes, or until crisp-tender. Add the snow peas or snap beans, salt, black pepper, and vinegar glaze. Toss to mix.

Makes 4 servings

Source: The South Beach Diet Cookbook