

Silky Snap Bean and Pepper Salad

- 1½ pounds snap beans, tips removed
- ½ to 1 pound onions, sliced into top-to-bottom ½-inch slivers
- ½ pound red, yellow and/or orange pepper, sliced into thin strips
- ¼ cup Sesame, Caesar or Balsamic Vinaigrette bottled dressing
- 2 teaspoons Mexican seasoning blend
- ½ teaspoon salt to taste.

Divide the snap beans into two ¾ pound batches. Wrap each batch in microwavable paper towels and microwave each batch 3 minutes on high. Remove, and run cold water over them to stop the cooking process. Repeat process, using all of the onions. Drain and blot onions and snap beans, toss them with sliced peppers and refrigerate until ready to serve. Toss with dressing and seasoning blend just before serving, and salt to taste. Makes 8 to 10 servings.

Nutritional data per serving: Calories, 41; protein, 2 grams; carbohydrates, 10 grams; fat, 0.2 gram; cholesterol, none; sodium, 70 milligrams.