



Green Beans With Wasabi Dipping Sauce

Ingredients

- 3 lbs** green beans
- 1 cup** mayonnaise, low-fat
- 4 tsp** soy sauce, low sodium
- 1 tsp** sugar
- 2 tsp** fresh lemon juice
- 2 tsp** wasabi paste or powder

Instructions

1. *Blanch the green beans in two batches in a large saucepan or steamer of boiling water for 3 minutes. Transfer to a colander and rinse under cold running water to stop cooking. Drain well and pat dry.*
2. *Whisk together mayonnaise, soy sauce, sugar, lemon juice, and wasabi paste or powder until sugar is dissolved.*
3. *Serve beans with dip.*

Prep time: **5** minutes
Cook time: **3** minutes
Ready in: **8** minutes

Course: Appetizer or Snack
Serving Size: **2** Tbls dip
Yield: **8** servings
Calories: **38** calories per serving

Menu: for an appetizer or snack, serve the dipping sauce with 6 ounces green beans; **140** calories per person