

Garlicky Green Beans

Serves: 4



Joyful eating...for life

Ingredients

- ½ tsp black pepper
- 1 Tbsp extra virgin olive oil
- ½ pound green beans, rinsed and cut to desired length
- ½ cup low-sodium chicken broth or water
- 4 cloves garlic, minced
- Pinch of salt (optional)

Method

1. Heat black pepper and oil in a sauté pan over medium heat.
2. Add green beans and toss until coated.
3. Add broth and garlic. Cover and simmer. Check at 5 minutes. The liquid should be absorbed and the beans crisp and tender. Add more broth if necessary.
4. Plate and add a pinch of salt to season, if desired.

Per serving: 55 calories, 2g protein, 6g carbohydrate, 4g fat (0g sat, 4g mono/poly), 1g fiber, 112mg sodium



Seasoned Cook

Sautéed baby tomatoes or mushrooms go well in this dish, as pictured here. Green beans out of season? Don't hesitate to use frozen.

