



Sautéed Green Beans

Yield: 6 servings

Modified from: www.jessicagavin.com

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 2 pounds fresh green beans, trimmed
- 1/2 cup sodium free beef, chicken or vegetable broth
- 1 teaspoon unsalted butter
- ½ teaspoon pepper

Directions:

1. In a large skillet, over medium heat, add olive oil and garlic. Sauté until fragrant but be careful not to burn garlic.
2. Add green beans and broth, cover and cook until beans are crisp-tender, about 5 – 6 minutes.
3. Remove lid and allow to simmer until remaining broth has evaporated.
4. Add butter and stir until melted. Season with pepper.

Nutrition information:

Serving size: ¾ cup

Calories: 48

Fat: 3g

Sodium: 4mg

Carbohydrates: 5g

Sugar: 2g

Fiber: 2g

Protein: 1g