



Garlic Green Beans

Info:

Makes 4 Servings 40 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Fresh Green Beans, stems snapped off if needed
- ❖ 4 Garlic Cloves, minced
- ❖ Salt to taste
- ❖ Cooking Spray

Preparation:



1. Steam the green beans for 5 minutes
2. Heat large pan to medium, coat with cooking spray, add garlic and sauté for 1 minute
3. Add green beans and sauté until desired doneness, about 5 minutes
4. Sprinkle with salt and serve hot!