

Green Beans with Garlic

Ingredients:

2 pounds green beans, fresh
 1 teaspoon vegetable oil
 4 cloves garlic
 1/3 cup chicken broth
 1/4 teaspoon pepper

Equipment:

Saucepan with lid
 Non stick skillet
 Measuring cups
 Measuring spoons
 Spatula

Number of Servings: 8
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions:

1. Wash green beans to remove dirt. Snap off ends and remove stringy parts. Break into bite size pieces. Set aside.
2. Steam, boil or microwave green beans until just tender, about 5 minutes. Drain and rinse with cold water to stop cooking.
3. Meanwhile, heat oil non-stick skillet over medium heat until hot, add garlic and sauté garlic in oil until brown.
4. Add broth, and beans and cook for 8 to 10 minutes, stirring occasionally until liquid evaporates.
5. Season with pepper.

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Nutrition Facts

Serving Size: 1/2 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 9	
Calories 40			
		%Daily Value*	
Total Fat	1g		1%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	38mg		2%
Total Carbohydrate	8g		3%
Dietary Fiber	3g		14%
Protein	2g		4%
Vitamin A	13%	Vitamin C	28%
Iron	6%	Calcium	4%

*Percent Daily Values are based on a 2,000 calorie diet.

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