

# Garlicky Green Beans

4 ingredients · 15 minutes · 1 serving



## Directions

1. Heat the oil in a pan over medium heat.
2. Add the beans, salt, and pepper and sauté for three to five minutes.
3. Add the garlic and sauté for another one to three minutes until the beans are tender-crisp or cooked to your liking.
4. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### More Flavor

Add lemon juice, chili flakes, fresh herbs.

## Ingredients

**3/4 tsp** Extra Virgin Olive Oil

**1 cup** Green Beans (trimmed)

Sea Salt & Black Pepper (to taste)

**1/2** Garlic (cloves, minced)

## Nutrition

Amount per serving

<b>Calories</b>	63	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	6mg
<b>Carbs</b>	7g	<b>Vitamin A</b>	690IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	13mg
<b>Sugar</b>	3g	<b>Calcium</b>	40mg
<b>Protein</b>	2g	<b>Iron</b>	1mg