



# Garlic Green Beans

**SERVING SIZE:** ½ cup

**SERVINGS:** 6

**PREPARATION TIME:** 15 minutes

## INGREDIENTS:

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 2-3 large cloves garlic, peeled and sliced
- 3 (14.5 ounce) cans green beans, drained
- ¼ cup Parmesan cheese
- Pepper, to taste



## DIRECTIONS:

1. In a skillet over medium heat, melt butter with olive oil, add garlic, and cook until lightly browned, stirring frequently.
2. Stir in green beans, and season with pepper.
3. Cook until beans are warmed through, about 3-4 minutes.
4. Remove from heat, and sprinkle with Parmesan cheese.

## RECIPE TIPS:

- You can substitute ½ tsp garlic powder for the fresh garlic
- You can use fresh green beans instead of canned, just cook them longer (about 5-7 minutes)

## NUTRITION FACTS:

Amount Per Serving	
Calories	62
Total fat	5 g
Saturated fat	2 g
Cholesterol	6 mg
Sodium	39 mg
Total Carbohydrate	3.5 g
Fiber	1.3 g
Sugar	0.5 g
Protein	1.9 g
Potassium	80 mg

## EQUIPMENT NEEDED:

- Medium or large skillet
- Can opener
- Large Spoon

Recipe submitted by Waukesha County Extension FoodWise Program

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)