

# Simple Sautéed Green Beans



*This side dish is a simple and quick way to incorporate a green vegetable that is a good fiber source into your meal rotation.*

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>4 SERVINGS</b> | <b>PREP TIME</b><br><b>15 MIN</b> | <b>TOTAL TIME</b><br><b>25 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

|          |  |
|----------|--|
| 1½ tsp   | Olive Oil                                |
| 2 cloves | Garlic, chopped                          |
| 1 lb     | Green Beans, washed and trimmed          |
| ¼ tsp    | Kosher Salt                              |
| ⅛ tsp    | Black Pepper                             |
| ¼ cup    | Vegetable Stock or Water, <u>divided</u> |
| 1½ tsp   | Butter, unsalted                         |
| 2 Tbsp   | Parmesan Cheese, grated (about ½ oz.)    |

## CHEF'S NOTES

You can use this recipe with many different vegetables such as broccoli, sugar snap peas, asparagus, or a combination.

Customize this dish to your liking. Try sautéing sliced mushrooms before adding your green beans. Throw in some red pepper flakes for heat or whole grain mustard for tang!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large saucepot over medium heat. Once hot, add the olive oil, then the chopped garlic. Sauté until fragrant, about 30 seconds to 1 minute.
3. Add the trimmed green beans, salt, pepper, and 2 Tbsp stock or water to the pot. Stirring often, continue to sauté until the green beans soften slightly and turn bright green, about 3-4 minutes.
4. Add the remaining 2 Tbsp stock or water to the pan and cover the pan with a lid to help steam the green beans until they become tender, about 3-5 minutes more.
5. Once the green beans are cooked to your desired texture, add the butter and toss until melted and evenly dispersed.
6. Transfer to a serving bowl, top with grated Parmesan, and serve hot.

# Nutrition Facts

4 servings per container

**Serving size** 3/4 cup (134g)

**Amount Per Serving**

**Calories** 80

**% Daily Value\***

**Total Fat** 4.5g 6%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 160mg 7%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1.2mg 6%

Potassium 250mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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