

PARMESAN GREEN BEANS

From Keep the Beat: National Heart Lung & Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipe/detail.aspx?linkId=1&cId=7&rId=130>

Ingredients

- 1 Tbsp. olive oil
- 1 tsp. garlic, minced (about 1 clove) (or ¼ tsp garlic powder)
- 1 small onion, thinly sliced (about ½ C)
- 1 bag (16 oz.) frozen green beans
- 1 C low-sodium chicken broth
- ¼ C grated parmesan cheese
- ¼ tsp. ground black pepper

Directions

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Makes four servings (1 cup green bean mix per serving)

Nutritional information per serving (4 servings)

Calories: 95

Total fat: 5g

Saturated fat: 1g

Cholesterol: 4mg

Sodium: 117mg

Protein: 5g

Total carbohydrates: 9g

Total fiber: 3g

Potassium: 293mg

Vitamin A: 15%

Vitamin C: 25%

Calcium: 10%

Iron: 4%

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



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