



**WEIGHT ★ NO ★ MORE<sup>SM</sup>**  
**DIET CENTER**

*No one does what we do!*

[weightnomoredietcenter.com](https://www.facebook.com/weightnomoredietcenter.com)  
WeightNoMoreDC



## **GARLICKY GREEN BEANS**

Basic Lifestyle

### **Ingredients**

2 lbs. green beans, trimmed  
3 TBS extra-virgin olive oil  
3 TBS minced garlic  
3 TBS minced fresh parsley  
1 TBS chopped fresh tarragon, or 2 TSP dried  
1/2 TSP salt  
Freshly ground pepper, to taste

### **Instructions**

1. Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove.
2. Add half the green beans to the boiling water and cook until tender-crisp, about 4 minutes. Transfer the beans with a slotted spoon to the ice water to cool. Repeat with the remaining beans. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.
3. Just before serving, heat oil in a large Dutch oven or large skillet over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the green beans and stir. Add parsley, tarragon, salt and pepper and cook, stirring, until heated through, 1 to 3 minutes.

**Portion-Per-Serving Information:** (Yields 8 servings) = Serving = 1 cup = 2 V