



## GREEN BEANS WITH LEMON & BROWNE GARLIC

Basic Lifestyle

### Ingredients

3/4 cup water  
1 pound green beans, trimmed  
2-1/2 TSP olive oil  
3 garlic cloves, minced  
3 TBS fresh lemon juice  
1/8 TSP Morton's Lite salt  
1/8 TSP black pepper

### Instructions

1. Bring water to a boil in a large nonstick skillet. Add beans. Cook 3 minutes. Drain and set aside.
2. Heat oil in skillet over medium-high heat. Add garlic and beans, and sauté 1 minute.
3. Add juice, salt and pepper. Sauté 1 minute.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 cup cooked = 2 V