



GREEN BEANS w/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 salt
1/8 TSP pepper

INSTRUCTIONS

—Bring water to boil in large nonstick skillet; add beans. Cook 3 minutes; drain, set aside.

—Heat oil in skillet over medium-high heat. Add garlic and beans, and sauté 1 minute.

—Add juice, salt, and pepper; sauté 1 minute.

SERVING INFO: (Yields 4 servings)

17 cooked, whole string beans = 1 V