

NUTRITION PER SERVING:

CALORIES 95
PROTEIN 5 G
CARBOHYDRATE 9 G
TOTAL FAT 5 G

PREP TIME: 5 MINUTES
COOK TIME: 8 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 CUP GREEN BEAN MIX

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



PARMESAN GREEN BEANS

A SIDE DISH SO TASTY, CHILDREN WON'T EVEN KNOW IT'S GOOD FOR THEM

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



Children can help sprinkle with cheese and pepper.

