

Snappy Green Beans

Serves 4

3 c fresh green beans
1/4 c water
2 t garlic, minced
1 T butter, unsalted
1/3 t salt



Rinse green beans thoroughly. Trim half an inch off stem end of each bean. Place 1/4 cup water and beans in a covered, nonstick pan and heat at medium-high heat for 3 minutes. Remove cover, add butter and salt and cook for an additional 2 minutes. Serve and enjoy.

Nutrition information per serving (about 1 cup): 60 calories, 3g fat, 1g protein, 4 g carbohydrate, 190mg sodium, 2g dietary fiber.

