BODYELITEFIT

PARMESAN GREEN BEANS

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

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
1C	LOW-SODIUM CHICKEN BROTH
¼ C	GRATED PARMESAN CHEESE
¼ TSP	GROUND BLACK PEPPER

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.

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