



# Garlic Sautéed Green Beans



prep time  
5 minutes



total time  
13 minutes



servings  
2-4

## Ingredients

- 250g/ 8oz green beans, trimmed  
~ 3 veggie servings
- 1 tsp salt
- 1 tbsp extra virgin olive oil or  
butter/ghee ~ 1 fat serving
- 2 garlic cloves , finely minced (~ 2 tsp),  
do not use jar or garlic crusher
- 1/8 tsp salt
- 1 pinch black pepper

## Instructions

- 1 Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. Shake off excess water.
- 2 Heat oil/butter in a large skillet over medium high heat. Add green beans and garlic. Toss for 2 minutes until the garlic is golden and crispy. Add salt and pepper, then toss.
- 3 Transfer beans to a serving dish. Serve warm!



Whole Recipe Breakdown:  
0 Serving Protein  
0 Serving Carb  
1 Serving Fat  
3 Servings Veggies