

BEYOND HUNGER

Parmesan- Garlic Green Beans

Give your green beans a little twist. This green bean recipe will serve as a wonderful addition to your holiday table! A combination of butter, garlic, and breadcrumbs produces a nice nutty flavor which makes it hard to withstand from.

Yields: 6 servings

Serving Size: 2/3 cup

Ingredients:

- 1 lb. **green beans**, trimmed
- ¼ teaspoon **salt**
- ¼ teaspoon **ground pepper**
- 2 tbsp **butter**
- 2 **cloves garlic**, minced
- ½ cup fresh **whole-wheat breadcrumbs**
- 2 Tbsp grated **Parmesan cheese**
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Instructions:

1. Bring 1-inch of water to a boil in a large saucepan fitted with a steamer basket.
2. Add green beans to the steamer basket, cover, and steam until tender-crisp, 5 to 7 minutes.
3. Transfer to a large bowl and season with salt and pepper.
4. Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown.
5. Add garlic and cook, stirring, until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook, stirring, until crispy, 3 to 4 minutes.
6. Toss the breadcrumbs with the green beans.
7. Top with cheese.

Per Serving: Calories 100 kcal, Carbohydrates 11 g, Protein 3 g, Saturated Fat 2.7 g, Sodium 240 mg, Fiber 2.1 g, Sugars 2.5 g

This recipe was adapted and modified from EatingWell.com

