



Buttery Garlic Green Beans

Ingredients:

- 1 lb. fresh green beans, trimmed and snapped in half
- 2 tbsp. margarine
- 3 cloves garlic, minced
- Salt and pepper to taste

Directions:

1. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes.
2. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.

Servings:

Makes 3 servings of one cup sized portions, each serving includes your daily Healthy Fat serving of two teaspoons.