

Green Beans with Lemon and Garlic

Yield: 6 servings (1/6th of recipe)

Ingredients

- 2 pounds green beans, ends trimmed
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons butter
- 2 large garlic cloves, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon zest
- Salt and freshly ground black pepper



Preparation

1. Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.
2. Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds. Add the beans and continue to saute until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

Nutritional Information: Amount per serving

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| • Calories: 122 | • Protein: 3g | • Sodium: 126mg |
| • Calories from fat: 63% | • Carbohydrate: 11g | • Sugar: 5g |
| • Fat: 8.5g | • Fiber: 4g | |
| • Saturated fat: 4g | • Cholesterol: 15mg | |

*Recipe Courtesy of The Neelys
Food Network*