

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Garlic Herb Green Beans

Bright green beans with garlic, onion, basil and oregano: a light, 40-calorie swap for heavy casserole.

Makes 7 servings | Serving: 1 cup | Cost: Budget-friendly | 10 min + 40 min

Ingredients

- 2 lb fresh green beans
- ½ cup cold water
- Nonstick cooking spray
- ⅓ cup chopped onions
- 4 cloves garlic, chopped
- ½ teaspoon ground black pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano

Method

1. Rinse the beans and snap off the tips.
2. Cook them in a large pot with 1/2 cup cold water over medium heat for 10 minutes.
3. Spray a pan and cook the onions and garlic about 5 minutes until tender.
4. Add the onions, garlic and pepper to the beans, spray lightly and cook about 20 minutes more until tender-crisp.
5. Sprinkle with basil and oregano and toss.

Swaps: Top with toasted sliced almonds or a squeeze of lemon.

Storage: Refrigerate up to 3 days.

Nutrition Facts

Per serving (1 cup)

Calories	**40**
Total Fat	0 g
Saturated Fat	0 g
Sodium	12 mg
Total Carbohydrate	9 g
Dietary Fiber	4 g
Protein	2 g
Potassium	179 mg

Why it's good for you

- Green beans provide fiber for only 40 calories a cup.[1]
- Vegetables like green beans support heart health.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Vegetables and Fruits, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/flavorful-green-beans. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

Want 36 more Thanksgiving recipes?

Get the full Healthy Thanksgiving Recipes book plus more free recipes at hawkinc.store

Etsy: etsy.com/shop/HawkInc
Instagram: @hawk_inc7
Pinterest: pinterest.com/mueedakhtar078
© HawkInc. Free for personal use.