Green Beans with Toasted Garlic

Number of servings: 4  
Preparation time:  5-10 minutes  
Total time:  15-20 minutes

Ingredients:

-  1 pound green beans, trimmed
-  3 teaspoons olive oil
-  4 garlic cloves, thinly sliced
-  ¼ teaspoon salt 
-  ¼ teaspoon pepper

Equipment Needed:

- Cutting board
- Knife
- Large non-stick skillet
- Large saucepan
- Mixing bowl
- Wooden spoon
- Measuring spoons

Directions

- Wash beans and trim ends off. Remove skin from garlic and slice.
- Bring a large saucepan of water to a boil. Add beans; cook 5 minutes. Remove beans and plunge into ice water; drain.
- Heat a large skillet over medium-high heat. Add oil and let it get hot. Add garlic; cook until crispy and brown. Remove garlic; set aside.
- Add beans to oil in pan; sprinkle with salt and pepper. Cook 2 minutes, tossing frequently. Top with garlic.

For more recipes, please visit:  
www.fcs.ext.vt.edu/recipes

Join us on social media:  
www.facebook.com/vafnp  
www.twitter.com/vafnp

Number of servings: 4  
Preparation time:  5-10 minutes  
Total time:  15-20 minutes

Ingredients:

-  1 pound green beans, trimmed
-  3 teaspoons olive oil
-  4 garlic cloves, thinly sliced
-  ¼ teaspoon salt 
-  ¼ teaspoon pepper

Equipment Needed:

- Cutting board
- Knife
- Large non-stick skillet
- Large saucepan
- Mixing bowl
- Wooden spoon
- Measuring spoons

Directions

- Wash beans and trim ends off. Remove skin from garlic and slice.
- Bring a large saucepan of water to a boil. Add beans; cook 5 minutes. Remove beans and plunge into ice water; drain.
- Heat a large skillet over medium-high heat. Add oil and let it get hot. Add garlic; cook until crispy and brown. Remove garlic; set aside.
- Add beans to oil in pan; sprinkle with salt and pepper. Cook 2 minutes, tossing frequently. Top with garlic.

Nutrition Facts

Serving Size: 1 cup  
Servings: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 70</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Total Fat 4g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 153mg</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 9g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 16%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C 25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron 6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 5%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

This is a great recipe to use with many vegetables. Mix up the taste with lemon juice, toasted nuts, or parmesan cheese!