



### NUTRITION PER SERVING:

CALORIES	95
PROTEIN	5 G
CARBOHYDRATE	9 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	8 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 CUP GREEN BEAN MIX

- 1 TBSP** OLIVE OIL
- 1 TSP** GARLIC, MINCED (ABOUT 1 CLOVE)  
(OR ¼ TSP GARLIC POWDER)
- 1** SMALL ONION, THINLY SLICED  
(ABOUT ½ C)
- 1 BAG** (16 OZ) FROZEN GREEN BEANS
- 1 C** LOW-SODIUM CHICKEN BROTH
- ¼ C** GRATED PARMESAN CHEESE
- ¼ TSP** GROUND BLACK PEPPER

## PARMESAN GREEN BEANS

A SIDE DISH SO TASTY, CHILDREN WON'T EVEN KNOW IT'S GOOD FOR THEM

- 01** Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
- 02** Add onion, and continue to cook for about 5 minutes over medium heat until soft.
- 03** Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
- 04** Sprinkle with parmesan cheese and pepper, and serve.

 Children can help sprinkle with cheese and pepper.

