

HEALTHY RECIPE for August 2011

Parmesan Green Beans

Preparation time: 15 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

“This is one of Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention’s strict nutrition guidelines as a healthy recipe.”

Ingredients:

1 Tbsp olive oil 1 tsp garlic, minced (about 1 clove)

1 small onion, thinly sliced

1 bag (16 oz) green beans, frozen

1 cup (8 oz) chicken broth, low-sodium

¼ cup grated parmesan cheese, fat-free

¼ tsp black pepper

Method:

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

Credit: Recipe adapted from Keep the Beat, National Heart, Lung, and Blood Institute.

Nutritional Information per Serving	
Calories: 110	Carbohydrates: 12g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 0.5g	Dietary Fiber: 3g
% of Calories from Fat: 33%	Sodium: 230mg
Protein: 5g	

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