

Green Beans

2 cups green beans
1 garlic clove, minced
1 tsp olive oil

- Wash and cut off stem end of green beans.
- In medium pot, add water and place steamer rack at least 1 inch above water.
- Bring water to boil, place beans on rack and cover tightly. Steam for 10 minutes.
- In non-stick fry pan, heat oil on medium heat. Sauté garlic, stirring occasionally, until softened, about 5 minutes.
- Stir in green beans. Makes 2 servings.

Recipe by Gary Barone