

GARLIC-CILANTRO GREEN BEANS

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6

Nutrition (per serving)

Calories: 79

Total Fat: 3.7 g

Saturated Fat: 0.6 g

Sodium: 397 mg

Total Carbohydrate: 11 g

Dietary Fiber: 4 g

Protein: 2.6 g

PREP TIME: 15 min

COOK TIME: 11 min

TOTAL TIME: 26 min



Ingredients

1 1/2 pounds green beans, ends trimmed

1 red bell pepper, cut into thin strips

1/2 sweet onion, halved and thinly sliced

2 tablespoons chopped fresh cilantro

1 1/2 tablespoons olive oil

2 teaspoons minced garlic

1 teaspoon salt

Black pepper, to taste



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Directions

1. Bring large saucepan of salted water to boil over medium-high heat. Add beans; cook for 6 minutes or until tender. Drain and return to saucepan.
2. Meanwhile, heat oil in pan in large skilled over medium-high heat. Add bell peppers and onion; cook and stir 3 minutes or until vegetables are tender but not browned. Add garlic; cook and stir for 30 seconds. Add beans and salt; cook and stir for 2 minutes or until heated through and beans are coated with oil. Stir in cilantro; season with black pepper. Serve immediatley.