



Garlic & Herb Green Beans



1/4th of recipe (about 1 cup): 63 calories, 2.5g total fat (0.5g sat. fat), 341mg sodium, 9g carbs, 3g fiber, 3.5g sugars, 2g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1 lb. green beans, trimmed
2 tbsp. light whipped butter or light buttery spread
1 tbsp. chopped garlic
1 tsp. finely chopped fresh thyme
1 tsp. lemon juice
Seasonings: salt and black pepper

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Add green beans and 1/4 cup water. Cover and cook for 8 minutes, or until green beans have mostly softened and water has evaporated.

Add butter, 1/2 tsp. salt, and 1/8 tsp. pepper. Cook and stir for 4 minutes.

Add garlic, thyme, and lemon juice. Cook and stir until green beans are tender, entire dish is hot, and garlic is fragrant, about 3 minutes.

MAKES 4 SERVINGS

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