



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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