

Green beans with onion and garlic

Prep Time: 5 min

Makes: 4

Ingredients:

1 10 oz.package frozen green beans

½ cup low sodium chicken broth

1 tablespoon cooking oil

½ cup diced onion

½ teaspoon garlic powder (or 4 cloves garlic, minced)

Directions:

In saucepan, add oil and heat, when hot, add onion and sauté until translucent. Then add garlic, chicken broth, and green beans. Bring broth to boil, then simmer over medium heat until green beans are fork tender (about 10 minutes).

Nutrient Information:

Amount: 1 serving

Calories

62

Total Fat

33.5 g

Saturated Fat

3.1 g

Cholesterol

0 mg

Sodium

11 mg

Total Carbohydrate

7 g

Dietary Fiber

2g

Total Sugars

2 g

Added Sugars included

0 g

Protein

2 g

Vitamin D

0 mg

Calcium

33 mg

Iron

1 mg

Potassium

161 mg