



## Parmesan Green Beans

Serving Size: 1 cup

Yield: 4 servings

### Ingredients:

1 tablespoon olive oil

1 teaspoon garlic, minced (about 1 clove) (or ¼ teaspoon garlic powder)

1 small onion, thinly sliced (about ½ C)

1 bag (16 ounce) frozen green beans

1 cup low-sodium chicken broth

¼ cup grated parmesan cheese

¼ teaspoon ground black pepper



### Directions:

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Nutrition Facts: Calories, 95; Total fat, 5 g; Saturated fat, 1 g; Cholesterol, 4 mg; Sodium, 117 mg; Total fiber, 3 g; Protein, 5 g; Carbohydrates , 9 g; Potassium, 293 mg; Vitamin A, 15%; Vitamin C, 25%; Calcium, 10%; Iron , 4%

Source: *Keep the Beat: Deliciously Healthy Eating*, National Heart, Lung, Blood Institute



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