

# Spicy Garlic Green Beans

## Ingredients:

- 2 lbs. green beans, trimmed
- 2 tbsp. extra virgin olive oil
- 3 tbsp. garlic, minced
- ½ tsp. Salt
- ⅛ tsp. freshly ground pepper
- 1 tbsp. red chili flakes
- 1 tbsp. lemon juice
- 1 tbsp. freshly shredded parmesan cheese



## Directions:

1. Bring a large pot of water to a boil. Place a large bowl of ice water next to stove. Add the green beans to the boiling water and cook until tender-crisp, about 4 minutes.
2. Transfer the beans with a slotted spoon to the ice water to cool. The beans should turn bright green.
3. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.
4. Just before serving, heat oil in large Dutch oven or large skillet over medium heat. Add garlic and cook, stirring constantly until fragrant, about 30 seconds. Add the green beans and stir.
5. Add chili flakes, salt and pepper and cook, stirring until heated through. Sprinkle over with lemon juice and parmesan cheese.

## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 4

Amount Per Serving

**Calories 160**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

    Saturated Fat 1.5g    **8%**

    Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 300mg**    **13%**

**Total Carbohydrate 17g**    **6%**

    Dietary Fiber 6g    **24%**

    Sugars 7g

**Protein 5g**

Vitamin A 40%    • Vitamin C 45%

Calcium 10%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4