

# Green Beans with Lemon and Garlic

## Ingredients:

- 2 cup water
- 1 ½ lb. green beans, trimmed
- 1 ½ tbsp. Smart Beat margarine
- 1 ½ tbsp. olive oil
- 1 garlic clove, minced
- 2 tbsp. lemon juice, fresh
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 tsp. parsley, chopped



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 6

Amount Per Serving

**Calories** 80      **Calories from Fat** 35

	% Daily Value*
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	

**Protein** 2g

Vitamin A 20%      •      Vitamin C 35%  
Calcium 6%        •      Iron 8%

\*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

## Directions:

1. Bring water to a boil. Add beans; cover, reduce heat, and simmer for 8 minutes or until tender.
2. Drain beans; pat dry.
3. Heat oil and margarine in pan over medium heat.
4. Add garlic and sauté 30 seconds. Add beans, juice, salt and pepper.
5. Cook 2 minutes or until thoroughly heated. Sprinkle with parsley.