

## Indian Spiced Green Beans

## **Ingredients:**

- 3 ½ tsp. extra virgin olive oil
  ⅓ cup white onion, chopped
  2 garlic cloves, minced
  ¾ tsp. cumin
  ¾ tsp. crushed red chili flakes
  ½ tsp. salt
- 2 pounds green beans

		er 4	
Amount Per Ser	ving		
Calories 110	) Calo	ories fron	n Fat 40
		% Da	ily Value*
Total Fat 4.5	g		7%
Saturated Fat 0.5g			3%
Trans Fat	0g		
Cholesterol	0		0%
Sodium 280mg			12%
	•	16a	5%
Total Carbohydrate 16g Dietary Fiber 6g			24%
<b>`</b>	•		24 /0
Sugars 7g			
Protein 4g			
Vitamin A 30	% • `	Vitamin (	2 45%
Calcium 8%	•	Iron 15%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g





## **Directions:**

- 1. Sauté onions in olive oil over medium high heat for about 5 minutes or until golden brown.
- 2. Add garlic and continue to sauté.
- Add black mustard seeds and cumin and red chili flakes (if desired) and sauté for a few minutes.
- 4. Add green beans and cook until heated through.