

Skillet Green Beans with Almonds

serves 6

gluten & dairy free option

- 1 lb GREEN BEANS, fresh or frozen (thawed), cut or whole
- 1 tbsp OLIVE OIL, EXTRA VIRGIN
- 3 cloves GARLIC, minced (or 3/4 tsp garlic powder)
- SEA SALT AND PEPPER TO TASTE
- 1/4 cup ALMONDS, sliced or slivered (toasting optional)
- 2 tbsp PARMESAN CHEESE, FRESH SHREDED*

**Omit cheese for dairy free dish.*

1. Trim ends if using fresh green beans (or thaw and dry if frozen).
2. Heat a large skillet over medium heat, add oil and green beans. Sauté for 8-10 minutes until crisp-tender and starting to brown. Add garlic, salt and pepper, cook 1-2 minutes longer.
3. Place on a platter and top with sliced almonds and fresh parmesan if desired. Serve immediately. Serving size, about 1/2 cup.

VARIATIONS: Top with cooked and crumbled lean turkey bacon or add roasted baby potatoes.

NUTRITION INFO PER SERVING: 70 calories, 4.5g fat, 1g sat fat, 6g carb, 2g fiber, 2g sugar, 2g protein