

Flavorful Green Beans

The seasonings are perfect companions to the green beans.

- 2 pounds fresh green beans
- ½ cup water
- ⅓ cup onions, chopped
- 4 cloves garlic, chopped
- nonstick cooking spray
- ½ teaspoon black pepper
- ½ teaspoon dried basil
- ½ teaspoon oregano

1. Rinse green beans and snap off tips.
2. Place green beans in a large pot and add ½ cup of cold water.
3. Cook green beans on stovetop over medium heat for 10 minutes.
4. In a separate pan, saute chopped onions and garlic, using the cooking spray, for 5 minutes or until they are tender and very lightly browned.
5. Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender, but not soft. Stir occasionally.
6. Sprinkle dried basil and oregano over green beans. Mix and serve.



Yield:	7 servings
Serving size:	1 cup
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Total Fiber	4 g
Protein	2 g
Carbohydrates	9 g
Potassium	179 mg