

Green Beans Parmesan

Serves 6

Ingredients:

- 3 cups fresh green beans
- 1 Tablespoon oil
- 1 clove garlic, minced
- 1 small onion, thinly sliced
- 1 cup water
- 1 Tablespoon chicken bouillon
- ¼ cup grated parmesan cheese
- ¼ teaspoon black pepper



Directions:

1. Wash, trim and cut green beans into one inch pieces.
2. Sauté oil, garlic and onion in a large saucepan until garlic and onions are soft.
3. Add green beans, water and bouillon and stir. Bring to a boil and simmer for 5 minutes, or until beans are crisp-tender.
4. Place in serving bowl. Sprinkle with parmesan cheese and pepper.



Recipe adapted from National Heart, Lung and Blood Institute

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