
Garlic Green Beans (Judias Verdes con Ajo)

Penelope Casas, on Food52, July 2013

<http://food52.com/recipes/23272-penelope-casa-s-garlic-green-beans-judias-verdes-con-ajo>



Garlic Green Beans
(dry pan roasted)

From Penelope Casas on Food52

3/4 pound green beans

1 tablespoon butter

1 clove garlic, crushed

Coarse salt

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Snap off the tops of the beans. Melt the butter in a skillet, add the beans, and cook them over a medium to medium-high flame, stirring, until they begin to brown.
2. Lower the flame, cover, and cook 15 to 20 minutes, or until the beans are the desired tenderness, stirring occasionally.
3. Mix in the crushed garlic, sprinkle with salt, and serve immediately.

Per Serving (excluding unknown items): 50 Calories; 3g Fat (48.6% calories from fat); 1g Protein; 6g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 34mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.