

Italian Green Beans with Crimini Mushrooms

Serving size: ½ cup

Serves: 4

Ingredient:

¾ pound Whole Green Beans
½ tbsp Olive Oil
1 ½ ounces Fresh Garlic, Minced
¾ pound Crimini Mushrooms, Sliced 1/4" thick

Directions:

1. Steam green beans for 2 to 3 minutes. Drain well.
2. In a sauté pan, heat the oil until it 'shimmers'.
3. Add garlic and sauté until the aroma of fresh garlic is evident, be careful not to brown the garlic too much.
4. Add mushrooms, cook 1-2 minutes. Add green beans and cook for an additional 2 to 3 minutes.

Exchanges per serving:

2 Nonstarchy Vegetable; ½ Fat

Nutrients per serving:

Calories: 87	Vitamin A: 583
Calories from fat: 44	Vitamin C: 11.4mg
Total Fat: 4.9g	Potassium: 218.0mg
Saturated fat: .8g	
Cholesterol: 0g	
Sodium: 3mg	
Total Carbohydrate: 10.3g	
Dietary Fiber: 3.2g	
Sugars: 1.7g	
Protein: 2.5g	