

# Recipe

## Garlic green beans

Move over, green bean casserole. Skip the fried onions and creamy soup and enjoy these garlic-flavored green beans instead.

**Makes 4 servings | Prep: 5 minutes | Cook: 10 minutes**



### Ingredients

- 4 cups of fresh or frozen green beans
- 1 Tbsp olive oil
- 4 cloves garlic, minced

### Preparation

Sauté together for 5-10 minutes and serve.

**Nutrition information per serving | Serving size: About 3/4 cup**



Calories: 76 | Total fat: 5 g | Saturated fat: 1 g | Sodium: 7 mg | Cholesterol: 0 mg | Total carbs: 8 g | Fiber: 4 g  
Sugars: 2 g | Protein: 2 g | Potassium: 236 mg

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