

VitaMin



Vital health information in a minute

GREEN BEANS WITH PARMESAN-GARLIC BREADCRUMBS

Yield: 6 servings

Total time: 20 minutes

Ingredients

- › 1 pound green beans, trimmed
- › ¼ teaspoon salt
- › ¼ teaspoon ground pepper
- › 3 tablespoons butter
- › 2 cloves garlic, minced
- › ½ cup fresh whole-wheat breadcrumbs
- › 3 tablespoons grated Parmesan cheese

How to make it

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes. Transfer to a large bowl and season with salt and pepper.
2. Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown, 3 to 4 minutes. Add garlic and cook, stirring, until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook, stirring, until crispy, 3 to 4 minutes. Toss the breadcrumbs with the green beans. Top with cheese.

Nutrition information

Amount per serving

Serving size: 2/3 cup each

Per serving:

- › Calories: 108
- › Fat: 7 g
- › Saturated fat: 4 g
- › Fiber: 3 g
- › Carbohydrates: 10 g
- › Protein: 3 g
- › Folate: 29 mcg
- › Cholesterol: 17 mg
- › Sugars: 3 g
- › Added sugars: 0 g
- › Vitamin A: 724 IU
- › Vitamin C: 10 mg
- › Calcium: 67 mg
- › Iron: 1 mg
- › Sodium: 186 mg
- › Potassium: 193 mg

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