



Mediterranean Green Beans

Simply delicious. Freshly cooked green beans in a dressing of olive oil, fresh minced garlic, lemon juice, and ground pepper.

Serves 4 (1 serving = 1 cup)



Ingredients

- 1 pound fresh green beans, trimmed to 1 to 2-inch pieces
- ¾ cup water
- 2½ teaspoons olive oil
- 3 fresh garlic cloves, minced
- 3 tablespoons fresh lemon juice
- ⅛ teaspoon ground black pepper

Nutrition Per Serving

Calories	71 cal	Carbohydrates	10 g
Total Fat	3 g	Protein	2 g
Saturated Fat	0 g	Phosphorus	37 mg
Trans Fat	0 g	Potassium	186 mg
Cholesterol	0 mg	Dietary Fiber	3.7 g
Sodium	2 mg	Calcium	55 mg

Directions

1. Bring water to a boil in large, nonstick skillet; add beans, cook 3 minutes; then drain and set aside.
2. Heat skillet over medium-high heat and add oil; add garlic and beans; sauté for 1 minute.
3. Add juice and pepper and sauté 1 minute longer.

TIP: Use lemon juice instead of salt to bring out the flavors in food.

Recipe provided by Fresenius Kidney Care.

Contributed by: Michelle Suddath, Dietitian. Originally published in Renal Culinary Gourmet Cookbook.

