

# Fitness Aspects

For the Body & Mind



## NUTRITION PER SERVING:

<b>CALORIES</b>	95
<b>PROTEIN</b>	5 G
<b>CARBOHYDRATE</b>	9 G
<b>TOTAL FAT</b>	5 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	8 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 CUP GREEN BEAN MIX

<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ¼ TSP GARLIC POWDER)
<b>1</b>	SMALL ONION, THINLY SLICED (ABOUT ½ C)
<b>1 BAG</b>	(16 OZ) FROZEN GREEN BEANS
<b>1 C</b>	LOW-SODIUM CHICKEN BROTH
<b>¼ C</b>	GRATED PARMESAN CHEESE
<b>¼ TSP</b>	GROUND BLACK PEPPER

## PARMESAN GREEN BEANS

A SIDE DISH SO TASTY, CHILDREN WON'T EVEN KNOW IT'S GOOD FOR THEM

- 01 Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
- 02 Add onion, and continue to cook for about 5 minutes over medium heat until soft.
- 03 Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
- 04 Sprinkle with parmesan cheese and pepper, and serve.



Children can help sprinkle with cheese and pepper.

