

# BLANCHED GREEN BEANS



## INGREDIENTS

### ITEM

Green Beans, Trimmed  
Salt  
Extra Virgin Olive Oil  
Garlic Cloves, Minced  
Black Pepper

### QUANTITY

8 Oz  
To Taste  
1 Tbsp.  
2  
To Taste



## PREPARATION

- ✔ Bring a large pot of water to a boil and add 1 tsp. salt.
- ✔ Add the green beans to the boiling water and cook for 2-3 minutes.
- ✔ Drain the green beans and pat them dry with a clean kitchen towel.
- ✔ Heat the olive oil in a large skillet over medium heat.
- ✔ Add the minced garlic and cook for 1-2 minutes or until fragrant.
- ✔ Add the green beans to the skillet and sauté for 1-2 minutes or until heated through.
- ✔ Season with black pepper to taste.
- ✔ Serve hot as a side dish. Enjoy!