

SPICY RED PEPPER GREEN BEANS



SERVING SIZE

1



INGREDIENTS

ITEM	QUANTITY
Fresh green beans, trimmed	2 cups
Olive oil	1 tsp
Garlic clove, minced	1
Red pepper flakes	¼-½ tsp
Sea salt	To taste
Lemon juice (optional squeeze)	Optional



PREPARATION

- Heat olive oil in a skillet over medium heat.
- Add green beans and cook for 3-4 minutes, stirring occasionally, until slightly tender.
- Add minced garlic and red pepper flakes. Stir and cook for another 1-2 minutes until fragrant.
- Season with sea salt and toss well.
- Finish with a squeeze of fresh lemon juice if desired and serve warm.