

( RECIPE #8 )

## QUICK and EASY GREEN BEANS

COST FOR 4: **\$1.12**

**Hands-on: 6 min. Total: 6 min.**

Here's a fast, efficient way to cook green beans (and other vegetables), eliminating the fuss of bringing a large pot of water to a boil or draining the veggies.

### Ingredients



12 ounces trimmed green beans



1/4 cup water



1 tablespoon  
butter or olive oil



1/4 teaspoon salt



1/4 teaspoon  
black pepper

### TRY THESE THREE RIFFS

**1.** Try this technique with cut asparagus, broccoli or cauliflower florets; thinly sliced zucchini or yellow squash; or quartered radishes.

**2.** You can also try with carrot chunks, butternut squash cubes, or halved Brussels sprouts; just double the cook time and add more water if the pan dries out.

**3.** Cook tender leafy greens (spinach, baby kale, Swiss chard, or mustard greens) this way; just use a Dutch oven or other large pot with a lid.

*Start*



**1**

**PLACE** green beans in a large skillet; pour in 1/4 cup water.



**2**

**BRING** to a boil over high heat. As soon as water comes to a boil, cover pan and cook 3 minutes.



**3**

**UNCOVER** pan, and stir in butter. Cook 1 minute or until water evaporates and beans are crisp-tender.



**4**

**SPRINKLE** beans with salt and pepper.

*Done!*

*CookingLight*



**SERVES 4** (serving size: about 1/2 cup)  
**CALORIES** 52; **FAT** 3.1g (sat 1.9g, mono 0.8g, poly 0.2g);  
**PROTEIN** 2g; **CARB** 6g; **FIBER** 2g; **CHOL** 8mg;  
**IRON** 1mg; **SODIUM** 179mg; **CALC** 33mg