

## Green Beans with Sunflower Seeds

# EASY | RECIPE

- 4 cups **green beans**, trimmed
- 1 tbsp **extra virgin olive oil**
- 1 clove **garlic**, minced
- 2 tbsp raw **sunflower seeds**
- $\frac{1}{8}$  tsp **salt**
- $\frac{1}{8}$  tsp **pepper**
- 1 tbsp fresh **lemon juice**
- 2 tbsp fresh **parsley**, chopped

1. Steam green beans for 5 minutes, until tender crisp.
2. In a large skillet over medium heat, add oil and garlic. Add sunflower seeds and stir until toasted, about 4-5 minutes.
3. Add steamed green beans, salt, pepper and lemon juice. Stir-fry until coated, about 2 minutes.
4. Transfer to serving bowl and top with fresh parsley.



### Makes 6 servings. Per serving:

73 calories | 2.4g protein | 5g total fat | 0.6g saturated fat | 2.1g mono fat | 2g poly fat  
0mg cholesterol | 7g carbohydrate | 0.2g sugar | 3g fiber | 51mg sodium