

EASY | RECIPE

Garlicky Green Beans

- ¼ cup sliced **pecans**
- 2 tbsp **olive oil**
- 1 pound **green beans**,
cut into 2-inch pieces
- 1 tsp minced **garlic**
- ½ pound **cremini mushrooms**,
thinly sliced
- ¼ tsp **sea salt**
- Fresh ground **black pepper**,
to taste
- ¼ cup minced **red bell pepper**

1. Heat a large, deep skillet over high temp. Add pecans, stirring frequently until fragrant and lightly browned, 2-3 minutes. Remove from skillet and set aside.
2. Heat oil in skillet over medium temp; sauté green beans with garlic 3-4 minutes.
3. Stir in mushrooms, salt and pepper. Continue sautéing, stirring frequently, until vegetables are tender, 6-8 minutes.
4. Spoon onto a platter and sprinkle with pecans and bell pepper.

MAKES 5 (1-cup) servings. Per serving:

146 calories | 8g protein | 8.3g total fat | 1.1g sat fat | 4.6g mono fat | 1.7g poly fat
| 0.0mg cholesterol | 13.3g carbohydrate | 5.1g sugar | 5.5g fiber | 130.1mg sodium