

CRISPY GREEN BEANS
By Kimberli Washington, Public Information Office



Ingredients:

- 1 pkg. (12 oz.) steam-in-bag fresh green bags
- 1 tablespoon canola oil
- 1 teaspoon chopped garlic
- Salt and pepper, to taste

Directions:

- Follow microwave directions for steam-in-bag green beans.
- Heat canola oil in a large non-stick skillet over medium-high heat.
- Add greens beans and chopped garlic to skillet. Stir frequently for about 5 minutes or until dark and crisp.
- Season with salt and pepper to taste.
- Serve and enjoy!!!]

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.