

Green Bean Bar

Items Needed: skillet, spatula, serving bowl/plate

Serves: 2 one cup servings.

Ingredients:

Ingredient Base		
<ul style="list-style-type: none">• 2 cups green beans- fresh or frozen<ul style="list-style-type: none">• 1 tsp olive oil or butter• 2 cloves of garlic chopped		
Quick Green Bean Casserole <ul style="list-style-type: none">• 2 tbsp cream of mushroom soup- healthy preferred.• 2 tbsp water• Top with crispy onion topping in the amount you prefer.	Green Beans, Toasted Walnut & Blue Cheese <ul style="list-style-type: none">• 2 tbsp Blue cheese (crumbled.)• 2 tbsp toasted chopped walnuts.	Green Beans Almondine <ul style="list-style-type: none">• 2 tbsp toasted almond.• ¼ shallot, thinly sliced.• Splash lemon juice (optional)

Directions:

1. In a non-stick skillet add oil over medium heat. Allow to heat up for approximately 30 seconds and add the green beans. Cook for a minute or two and then add garlic. Cook until the green beans are cooked through and add inclusions to finish.
2. For quick green bean casserole: Mix together equal parts mushroom soup and water and this can be cooked with green beans or left on the side as an additional topping option.
3. For toasted walnut blue cheese green beans prepare as stated above in step one and add crumbled blue cheese and toasted walnuts to finish.
4. For Green Beans Almondine, saute shallots and finish with sliced almonds and lemon wedges.
5. You can prepare each of these in a batch format or you can let your guests pick and choose what they would prefer to top their green beans with.



Nutrition Information (per 1 cup):

Calories: 100 Fat: 4.3 g Carbs: 9.9 g Protein: 2.7 g Fiber: 4.4 g Sodium: 162.7 mg

Calories: 141 Fat: 9.5 g Carbs: 5.5 g Protein: 6.5 g Fiber: 4.5 g Sodium: 180.4 mg

Calories: 106 Fat: 4.0 g Carbs: 9.7 g Protein: 4.6 g Fiber: 5.8 g Sodium: 5.2 mg

<https://wexnermedical.osu.edu/nutrition-services>

