

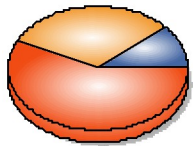
## Sizzled Green Beans with Pine Nuts

Modified by [www.eatingwell.com](http://www.eatingwell.com)

Recipe grams: 973.23g/34.3oz

Serves 8.58 113.40g/4.0oz per serving

Prep time: 15 min. Cook time: 30 min.



Protein: 11%  
Carbohydrates: 31%  
Fat: 57%

### INGREDIENTS

2 lb GREEN BEANS, TRIMMED  
2.5 tsp OLIVE OIL, EXTRA VIRGIN  
4 clove GARLIC, MINCED  
.25 tsp GROUND PEPPER  
.25 cup TOASTED PINE NUTS  
1.5 tsp LEMON ZEST  
1 tsp LEMON JUICE

### DIRECTIONS

1. Bring a large pot of water to a boil. Add beans, return to a boil, and simmer until crisp-tender, 3 to 4 minutes. Drain.
2. Heat 2 teaspoons oil over medium heat. Add the beans, garlic, sage, 1/8 teaspoon salt and several grinds of pepper. Cook, stirring occasionally, until the beans are browned in places, 3 to 4 minutes. Stir in pine nuts and lemon zest. Season with lemon juice and pepper to taste.

### TIPS

To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



**NUTRIENT ANALYSIS**

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
GREEN BEANS, TRIMMED	907	245	11	57	20	2	0
OLIVE OIL, EXTRA VIRGIN	12	100	0	0	0	12	2
GARLIC, MINCED	12	18	1	4	0	0	0
GROUND PEPPER	1	1	0	0	0	0	0
TOASTED PINE NUTS	34	227	5	4	1	23	2
LEMON ZEST	3	1	0	0	0	0	0
LEMON JUICE	5	1	0	0	0	0	0
TOTALS PER SERVING	973	594	16	67	22	36	4
	113	69	2	8	3	4	0

	CHOL(mg)	SODIUM(mg)
GREEN BEANS, TRIMMED	0	64
OLIVE OIL, EXTRA VIRGIN	0	0
GARLIC, MINCED	0	2
GROUND PEPPER	0	0
TOASTED PINE NUTS	0	1
LEMON ZEST	0	0
LEMON JUICE	0	0
TOTALS PER SERVING	0	67
	0	8