

# Garlicky Green Beans

The flavor of the green beans comes through in this simple but flavorful holiday side dish. Try a larger portion of these healthy vegetables with smaller portions of the richer traditional Thanksgiving sides.

## INGREDIENTS

- 2 pounds green beans, trimmed
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 3 tablespoons minced fresh parsley
- 1 tablespoon chopped fresh tarragon, or 2 teaspoons dried
- ½ teaspoon salt
- Freshly ground pepper, to taste

## DIRECTIONS

### STEP 1

Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove.

### STEP 2

Add half the green beans to the boiling water and cook until tender-crisp, about 4 minutes. Transfer the beans with a slotted spoon to the ice water to cool. Repeat with the remaining beans. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.

### STEP 3

Just before serving, heat oil in a large Dutch oven or large skillet over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the green beans and stir. Add parsley, tarragon, salt and pepper and cook, stirring, until heated through, 1 to 3 minutes.

## NUTRITION FACTS

Serving Size: 1 cup, makes 8 servings  
Per Serving: 92 calories, total carbohydrate 10g, dietary fiber 4g, total sugars 2g, protein 2g, total fat 6g, saturated fat 1g, cholesterol 1g



**Wisconsin Athletic Club**

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