

Parmesan Green Beans

Serves: 4

Ingredients

- 1 Tablespoon olive oil
- 1 teaspoon garlic, minced (about 1 clove)
- 1 small onion, thinly sliced
- 1 bag (16 oz.) green beans, frozen
- 1 cup chicken broth, low sodium
- ¼ cup grated parmesan cheese, fat free
- ¼ teaspoon black pepper

Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds). Add onion, and continue to cook for about 5 minutes over medium heat until soft. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until beans are heated through. Sprinkle with parmesan cheese and pepper, and serve.