



# GARLICKY GREEN BEANS

SERVINGS: 50 CALORIES: 48 KCAL

Kids will love these flavorful green beans! This great side dish is easy to make, with garlic, olive oil and lemon zest.

## INGREDIENTS

9 pounds Green beans, fresh

OR

8 pounds 12 ounces Green beans,  
frozen

1/2 cup Oil, olive

4 cloves Garlic, minced

2 tablespoons Lemon zest

## INSTRUCTIONS

1. If using fresh green beans: steam green beans for 8 to 10 minutes until just cooked.
2. If using frozen green beans, thaw.
3. In a tilt skillet on medium heat add oil. When the oil is hot add the garlic. Be careful not to burn the garlic. Add the green beans and toss.
4. Place green beans in service pan. Sprinkle with lemon zest.

## RECIPE NOTES

Serving Size: 1/2 cup spoodle

Yield 50 servings

**Crediting: 1/2 cup other vegetable**

## NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 48 kcal | Fat: 2 g | Saturated fat: 0.05 g | Sodium: 3 mg | Carbohydrates: 6.4 g | Fiber: 2.6 g | Protein: 1.5 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*