

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Holiday Green Beans

Makes: 8 servings • **Prep Time:** 20 minutes • **Cook Time:** 20 minutes

This recipe dresses green beans up for the holidays with prosciutto, pine nuts and lemon zest. These ingredients add rich flavor with $\frac{1}{3}$ fewer calories from fat and $\frac{2}{3}$ less sodium compared with creamy green bean casseroles.

Ingredients

- 2 pounds green beans, trimmed
- 2½ teaspoons extra virgin olive oil, divided
- 2 ounces prosciutto, thinly sliced and cut into ribbons (usually found in the deli section of grocery stores; or you can use a little bacon instead)
- 4 cloves garlic, minced
- 2 teaspoons minced fresh sage
- ¼ teaspoon salt, divided
- Freshly ground black pepper, to taste
- ¼ cup toasted pine nuts
- 1½ teaspoon freshly grated lemon zest
- 1 teaspoon fresh lemon juice



Preparation

- Bring a large pot of water to a boil. Add beans, return to a boil and simmer until crisp-tender, 3-4 minutes. Drain.
- Heat ½ teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, 4-5 minutes. Drain on paper towel.
- Wipe out the pan; heat remaining 2 teaspoons oil over medium heat. Add the beans, garlic, sage $\frac{1}{8}$ teaspoon salt and several grinds of black pepper. Cook, stirring occasionally, until the beans are browned in places, 3-4 minutes. Stir in pine nuts, lemon zest and the prosciutto. Season with lemon juice, the remaining $\frac{1}{8}$ teaspoon salt and pepper.

Nutrition Per serving :100 calories, 5 gm fat (1 gm saturated, 2 gm monounsaturated), 6 mg cholesterol, 10 gm carbohydrate, 4 gm fiber, 5 gm protein, 264mg sodium