

Green Beans and Tomato Sauté



Makes:

4 servings, approximately 1 cup each

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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1

pound

fresh green beans, trimmed

(454

g)

1

teaspoon

garlic, shredded, use Cone #1

(3

g)

1

cup

cherry tomatoes, halved

(150

g)

1

tablespoon

balsamic vinegar

(15

mL)

sea salt and pepper, to taste

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add green beans. Cook, stirring often, until seared in spots; about 2 - 3 minutes.
2. Push green beans to side of skillet and add garlic. Sauté until fragrant, about 20 - 30 seconds. Mix together with green beans.
3. Cover, reduce temperature to low and cook for 8 - 10 minutes.
4. Add tomatoes and stir.
5. Once green beans are cooked, remove from heat. Stir in balsamic vinegar and serve.

Nutritional Information per Serving

Calories:

50

Total Fat:

0g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

83mg

Total Carbs:

11g

Dietary Fiber:

4g

Sugar:

2g

Protein:

3g