

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Skillet Green Beans

From www.melskitchencafe.com

Serves 4-6

1 tsp unsalted butter
1 pound fresh green beans, ends trimmed
3/4 cup low-sodium chicken or vegetable broth
Salt and pepper to taste

1. In a large 12-inch nonstick skillet, heat the oil or butter over medium heat. Add the green beans and cook for 2-3 minutes, stirring often, to crisp up the edges of the beans just slightly.
2. Pour in the broth and bring the beans/broth to a simmer. Cover the skillet and cook anywhere from 6-10 minutes, depending on how tender you like your green beans. Keep an eye on the skillet - if it is simmering too vigorously and the liquid evaporates out, add a bit more as needed.
3. Season with salt and pepper to taste and serve immediately.