

## Basque-Style Garlic Green Beans

2 Servings

### Ingredients

- 250 g green beans, trimmed
- 1 T / 15 g olive oil
- 2 cloves garlic (6 g), thinly sliced
- 1/8 tsp salt / 0.75 g
- 1/16 tsp MSG / 0.25 g
- 1 tsp / 5 ml lemon juice (optional finish)



### Instructions

1. Bring a pot of water to a boil.
2. Blanch green beans **3–4 minutes** until crisp-tender.
3. Drain and pat dry thoroughly.
4. Heat **olive oil** in a skillet over **medium**.
5. Add sliced **garlic**; cook gently **30–45 seconds** until fragrant (do not brown deeply).
6. Add **green beans**; sauté **2–3 minutes**.
7. Add **salt** and **MSG**; toss well.
8. Finish with **lemon juice** if desired and serve immediately.

### Nutrition (Per Serving)

Kcal: 108 | Protein: 3 g | Fat: 7 g | Sat. Fat: 1 g | Carbs: 10 g | Sugars: 5 g | Fiber: 4 g | Sodium: 171 mg | Omega-3: 0.01 g

### Nutrition (Total Dish)

Kcal: 216 | Protein: 5 g | Fat: 14 g | Sat. Fat: 2 g | Carbs: 20 g | Sugars: 9 g | Fiber: 7 g | Sodium: 342 mg | Omega-3: 0.02 g