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**Waukesha County  
UW Extension  
Farmers Market Fresh**

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## **Parmesan Green Beans**

*Ingredients:*

*Serves 4*

1 tbsp olive oil  
1 tsp garlic, minced (about 1 clove)  
1 small onion, thinly sliced  
3 cups green beans  
1 cup (8 oz) low-sodium chicken broth  
1/4 cup grated fat-free parmesan cheese  
1/4 tsp black pepper



*Directions:*

1. Trim green beans and cut into one inch pieces.
2. Combine olive oil and garlic in a large saucepan.
3. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
5. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until beans are heated through.
6. Sprinkle with parmesan cheese and pepper, and serve.

*This recipe was modified from Keep the Beat™,  
National Heart, Lung, and Blood Institute.*