

# Green Beans with Crispy Garlic

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## Servings: 8

*1/4 cup canola oil  
8 large cloves garlic, thinly sliced  
2/3 cup water  
1 1/2 pounds green beans, trimmed  
and cut on the bias  
1 teaspoon salt  
3 tablespoons rice vinegar  
1 teaspoon grated ginger  
2 tablespoons sesame seeds  
1 teaspoon sesame oil*

## Preparation Time: 15 minutes

### Cook Time: 9 hours

In a small skillet, heat the canola oil until shimmering. Fry the garlic cloves for 15 to 30 seconds, until golden. (Be careful not to burn.) Remove the garlic with a slotted spoon to a paper-towel-lined plate. Carefully pour two tablespoons of the oil into a large skillet and place on medium heat.

Add the beans, water and 1/2 teaspoon of the salt. Increase the heat to medium-high. Bring to a boil and cook for 5 to 7 minutes until the liquid evaporates and the beans are tender crisp. Add the rice vinegar and ginger. Cook for 1 minute. Stir in the sesame seeds, sesame oil and remaining 1/2 teaspoon of salt.

Transfer to a serving platter and garnish with the crispy garlic.

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Per Serving (excluding unknown items): 107 Calories; 9g Fat (67.9% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 272mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	107	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 9g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 2g  
**Sodium (mg):** 272mg  
**Potassium (mg):** 185mg  
**Calcium (mg):** 58mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 501IU  
**Vitamin A (r.e.):** 50RE

**Folacin (mcg):** 30mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 107 Calories from Fat: 72

### % Daily Values\*

<b>Total Fat</b>	9g	13%
Saturated Fat	1g	4%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	272mg	11%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	3g	11%
<b>Protein</b>	2g	
<b>Vitamin A</b>		10%
<b>Vitamin C</b>		22%
<b>Calcium</b>		6%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.