



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

CALORIES	95
PROTEIN	5 G
CARBOHYDRATE	9 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	8 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 CUP GREEN BEAN MIX

<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ¼ TSP GARLIC POWDER)
<b>1</b>	SMALL ONION, THINLY SLICED (ABOUT ½ C)
<b>1 BAG</b>	(16 OZ) FROZEN GREEN BEANS
<b>1 C</b>	LOW-SODIUM CHICKEN BROTH
<b>¼ C</b>	GRATED PARMESAN CHEESE
<b>¼ TSP</b>	GROUND BLACK PEPPER



## PARMESAN GREEN BEANS

A SIDE DISH SO TASTY, CHILDREN WON'T EVEN KNOW IT'S GOOD FOR THEM

- 01 Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
- 02 Add onion, and continue to cook for about 5 minutes over medium heat until soft.
- 03 Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
- 04 Sprinkle with parmesan cheese and pepper, and serve.



Children can help sprinkle with cheese and pepper.

