

Red Potato and Green Bean Saute

By Lainey39



Prep Time: 0 mins **Total Time:** 30 mins **Servings:** 4-6

ABOUT THIS RECIPE

"This recipe is from the Deen Brothers. It's very simple but delicious."



Photo by Kippy2

INGREDIENTS

- 1 lb baby red potato, halved
- 1 lb fresh green beans, trimmed
- 1 1/2 teaspoons extra virgin olive oil
- 1 garlic clove, minced
- salt, to taste
- fresh ground black pepper, to taste
- 3 tablespoons fresh basil, chopped

DIRECTIONS

1. Bring a large pot of salted water to a boil.
2. Add potatoes; cook about 15 minutes, or until almost tender.
3. Add beans; cook about 3 minutes, or until tender; drain well.
4. In large skillet, heat oil over medium heat.
5. Add garlic; cook, stirring, for 30 seconds.
6. Add potatoes, beans, and salt and pepper to taste.
7. Cook about 2 minutes, or until heated through, tossing to coat.
8. Add basil and toss once more before serving.

Red Potato and Green Bean Saute (cont.)

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NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (154 g)		Total Fat 2.0g	3%
Servings Per Recipe: 4		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 139.0		Sugars 4.6 g	
Calories from Fat 18	13%	Sodium 13.8mg	0%
		Total Carbohydrate 28.0g	9%
		Dietary Fiber 5.6g	22%
		Sugars 4.6 g	18%
		Protein 4.4g	8%

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