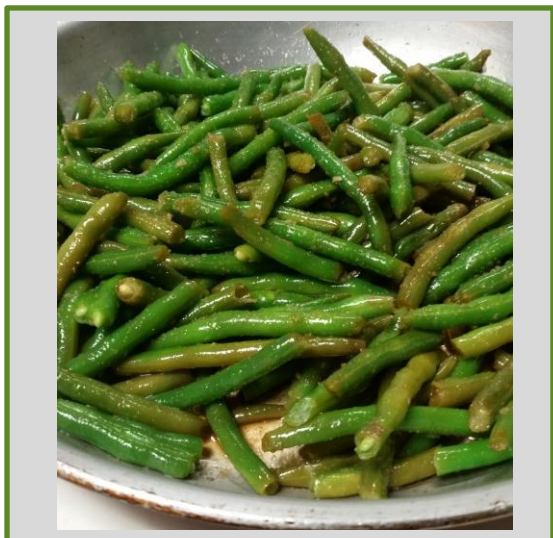


Makes: 5 servings



Ingredients:

- ♥ 16 oz. green beans
- ♥ 1 Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 1 clove garlic
- ♥ 1 Tbsp. D'Avolio Balsamic Vinegar
- ♥ 1 tsp. honey
- ♥ 1 tsp. onion powder

PREPARATION:

1. Bring a large pot of water to a boil over medium heat. Add green beans and blanch them for 2 minutes. Immediately remove the green beans from water and put them in an ice bath to stop the cooking process. Drain.
2. In a large saucepan, heat the D'Avolio olive oil over medium heat, add the garlic and green beans. Cover, and cook for 10 minutes, stirring occasionally. Uncover, and then stir balsamic vinegar, honey, onion powder, and salt (optional) and pepper, to taste. Cook until desired degree of doneness, about 4 to 6 minutes.
3. Transfer the beans to a serving dish and enjoy.

Nutrition Facts	
Serving Size: 1 serving (99.0g)	
Servings: 1	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

