



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

LEMON BUTTER BEANS

Time: 15 minutes

Serves: 2

Ingredients:

1 tablespoon salted butter
8 ounces fresh green beans – trimmed
½ lemon
kosher salt and pepper to season

Preparation:

Preheat a sauté or cast pan on medium low with the butter in it.

Once the butter is melted, add the beans and stir occasionally for ten minutes.

Squeeze the lemon over then beans and add drop it in the pan.

Sauté for another two minutes, season lightly with salt and pepper then serve immediately.

Nutritional Information Per Serving:

Calories: 86
Fat: 6g
Carbs: 8g
Fibre: 4g
Protein: 2g