



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PESTO BEANS

Time: 15 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
2 tablespoons fresh basil – finely chopped
2 tablespoons parmesan cheese – finely grated
1 clove garlic – very finely chopped or crushed
1 pinch kosher salt
1 pinch fresh ground black pepper
1 pound fresh green beans – trimmed
¼ cup pine nuts

Preparation:

Preheat your barbecue grill and basket on high.

In a small bowl, mix the olive oil, basil, parmesan, garlic, salt and pepper then set the mixture aside.

Put the green beans and pine nuts into the hot grilling basket and toss occasionally for approximately five minutes or until the beans are cooked tender-crisp.

Remove the beans from the heat, place them in a suitable bowl, toss them with the pesto mixture and serve immediately.

Nutritional Information Per Serving:

Calories: 133
Fat: 1g
Carbs: 9g
Fibre: 4g
Protein: 4g