

Sauteed Green Beans w/Caramelized Onions & Garlic

Serves 4*

Ingredients:

- 16 oz frozen green beans
- 1 tablespoon vegetable oil
- 1 small onion, sliced
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons dairy-free parmesan cheese

Instructions:

Heat a large skillet over medium heat.

Add oil and sliced onions. Cook until onions are soft and brown.

Add garlic, green beans, salt and pepper to pan with onions. Cook until green beans are heated through.

Sprinkle dairy-free parmesan cheese evenly over the top before serving.

Kcal: 127

Protein: 3 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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