



Sauteed Green Beans (Serves 4)

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced (or more to taste)

12 ounces fresh or frozen green beans , cut into 1-inch pieces

1/2 teaspoon fine sea salt

1/4 cup water

Directions

Heat the olive oil in a large skillet over medium heat, and sauté the garlic until fragrant, about 1 to 2 minutes.

Add in 1/4 cup of water to stop the garlic from cooking. Steam should fill the pan.

Add in the green beans and salt. Toss briefly. Cover the pan with a lid and cook until the green beans are fork-tender, about 5 minutes. If you'd like the beans to have some crunch, check on them after 3 minutes instead.

Remove the lid and continue to stir the beans until all of the water has evaporated. Adjust any seasoning to taste, adding more salt or black pepper, if desired, then serve warm right away.

Leftover green beans can be stored in the fridge for up to 5 days, and you can reheat them in a skillet to quickly warm them up again.