

Sautéed Green Beans with Garlic and Herbs (From Vegetables Every Day) **(Good on all days)**

Serves 4 as a side dish

2 tablespoons extra-virgin olive oil

2 medium garlic cloves, minced

1 tablespoon minced fresh gingerroot

Pinch red pepper flakes

Salt

Freshly ground black pepper

1 pound green beans, ends snapped off

1. Heat non-stick large skillet over medium heat Add oil and swirl around.
2. Sauté green beans until tender-crisp, about 10 minutes.
3. Stir in garlic, gingerroot, salt a red pepper flakes. Sauté one minute more.