# Garlic Ginger Green Beans

**Ingredients:**

- **1 to 1 1/12 pounds** green beans
- **1 tablespoon** olive oil
- **3 cloves** garlic
- **1 teaspoon** peeled and grated ginger
- **Salt and pepper to taste**

**Directions:**

1. Wash and trim the ends of the green beans. Snap the beans in half.
2. Mince garlic.
3. Pour oil, ginger, and garlic into a skillet and warm it over medium heat.
4. Add green beans to the skillet and sauté the beans until they are tender.
5. Season the beans with salt and pepper to taste.

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This recipe can be found in: *Early Sprouts: Cultivating Healthy Food Choices in Young Children*

By Karrie Kalich, Dottie Bauer, and Deirdre McPartlin