

ONE BITE

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Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

SAUTÉED GREEN BEANS

with Garlic

Daniela Anderson

Healthy Sautéed Green Beans with Garlic, a delicious side dish that can be prepared quickly before your meal is ready. I guarantee you that these green beans are going to be a hit this Thanksgiving.

INSTRUCTIONS

1. Trim the fresh green beans and cut them in half if needed.
2. In a pan of water, add a pinch of salt and the green beans and boil for about 15 minutes until they are tender.
3. Drain the water and set aside.
4. Peel and chop the garlic finely, or mash with a garlic presser.
5. Melt the butter in a pan over a medium heat, add the garlic and fry for about 10-15 seconds, then add the green beans and stir well.
6. Add parsley and dill, season with salt and pepper, then turn off the heat and cover the pan with a lid and let rest for 5 minutes.
7. Serve hot.

INGREDIENTS

- 220 g green beans
- 1 tbsp butter (or olive oil)
- 5 cloves of garlic
- 1/8 tsp salt
- black pepper to taste
- 1 tbsp chopped parsley
- 1 tbsp chopped dill



Daniela Anderson —

Daniela Anderson is the recipe developer behind mygorgeousrecipes.com. Her blog showcases her love for cooking with lots of easy, healthy and delicious recipes that everyone will love! On her website you can find a variety of recipes for any occasion, there's something for everyone.

Website: www.mygorgeousrecipes.com

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