



EVERYTHING *Herbal*

— ✦ — *by Cheryl Jabz* — ✦ —

www.EverythingHerbalbyCherylJabz.com



Fenugreek Garlic Green Beans

Nutrient-rich side dish.

Quick and easy.

Pairs well with chicken or fish.



INGREDIENTS

-  1 lb green beans
-  1 tbsp olive oil
-  2 cloves garlic, minced
-  1/4 tsp ground fenugreek
-  Salt and pepper

INSTRUCTIONS

-  1 Steam green beans until crisp-tender.
-  2 Heat oil in a skillet.
-  3 Add garlic and fenugreek; cook 30 seconds.
-  4 Toss in green beans and season.



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