



Creative Juices  
Consulting

## Shiitake Green Beans

Serves 4

Prep time: 5 minutes

Cook Time: 12 minutes

1 pound green beans, trimmed  
2 Tbsp olive oil  
8 oz shiitake mushrooms, cleaned and stems removed  
1 clove garlic, minced  
1 tomato, seeded and chopped  
½ teaspoon salt

### Instructions:

Bring 2 inches of water to a boil in a large saucepan over high heat. Insert a steamer basket and add the beans.

Cover and cook over medium heat until bright green and crisp-tender. 4 minutes. Transfer to a serving plate and keep warm

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the mushrooms and cook, stirring, until browned and tender, 5 minutes.

Add the garlic, tomato, and salt and cook, stirring, until the tomato is tender and the mixture forms a sauce, 3 minutes.

Spoon over the green beans.

109 calories, 3 g protein, 11 g carbohydrates, 5 g fiber, 7 g total fat, 1 g saturated fat, 0 mg cholesterol, 300 mg sodium