

Green Beans with Creamy Garlic Dressing

From – eatingwell.com

1 lb green beans, trimmed and cut diagonally into 1” pieces

1 small clove garlic (minced) or ½ tsp garlic powder

½ tsp kosher salt

½ cup nonfat plain yogurt

1 Tbsp extra virgin olive oil

1 Tbsp chopped fresh parsley (optional)

freshly ground pepper, to taste

- Place a medium bowl of ice water near the stove.
- Bring an inch of water to a boil in a large saucepan fitted with a steamer basket.
- Add green beans, cover and cook until tender, 6 to 8 minutes.
- Transfer the beans to the ice water to cool.
- Remove from the ice water with a slotted spoon and let drain on a kitchen towel. Blot dry with another towel.
- If using fresh garlic, mash with salt using the back of a spoon until a paste forms.
- Whisk the garlic paste (or garlic powder and salt) with yogurt, oil, parsley (if using) and pepper in a large bowl.
- Add the green beans and toss to coat.
- Serve cold.



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