

# Artichokes and Lemon Caper Green Beans

Makes: 6 servings

Start to Finish 15 mins



## Ingredients

- 3 tablespoons olive oil, plus more for serving
- 1 9 ounce package frozen artichokes, thawed
- 1 1 pound package trimmed haricourt green beans
- 2 cloves garlic, sliced
- 1 teaspoon kosher salt

Zest from 1 lemon

- 2 tablespoons capers
- 1 - 2 teaspoons lemon juice

## Directions

1. Heat oil in a large nonstick skillet over medium-high heat. Add artichokes and cook, without turning, until golden brown on one side, about 4 min. Add beans, garlic and salt on top of artichokes; cover pan with lid or foil. Steam 3 to 5 min then gently toss everything together with zest and capers. Cook, covered, for 2 minutes more or until beans are crisp-tender.
2. Drizzle with lemon juice and extra olive oil to taste before serving.

## Nutrition Facts

Servings Per Recipe 6 cal.(kcal)122, Fat, total(g)9, sat. fat(g)1, carb.(g)9, Monosaturated fat(g)7, Polyunsaturated fat(g)1, fiber(g)4, sugar(g)3, pro.(g)3, vit. A(IU)583, vit. C(mg)13, Thiamin(mg)0, Riboflavin(mg)0, Niacin(mg)1, Pyridoxine (Vit. B6)(mg)0, Folate(µg)81, sodium(mg)438, Potassium(mg)272, calcium(mg)40, iron(mg)1, Percent Daily Values are based on a 2,000 calorie diet