

Green Beans Sauté

Makes 4 Servings, about 3/4 cup, each

Ingredients

- 1 lb. fresh or frozen green beans, cut into 1-inch pieces
- 1 tbsp. vegetable oil
- 1 large yellow onion, halved lengthwise and thinly sliced
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 tbsp. fresh parsley, minced

Directions

1. If using fresh green beans, cook green beans in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork tender. Drain well.
If using frozen green beans, thaw first.
2. Heat oil in a large skillet. Sauté onion until golden.
3. Stir in green beans, salt and pepper. Heat through.
4. Toss with parsley before serving.

Nutrition Content Per Serving:

Calories: 64
Total Fat: 4 g
Saturated Fat: Less than 1 g
Cholesterol: 0 g
Sodium: 282 mg

