

Green Bean Sauté

Serves 4

Ingredients:

1 pound of fresh or frozen green beans, cut in 1-inch pieces
1 tablespoon vegetable oil
1 large yellow onion, halved lengthwise and thinly sliced
½ teaspoon of salt
1/8 teaspoon black pepper
1 tablespoon fresh parsley, minced

Directions:

If using fresh green beans, cook green beans in boiling water for 10 – 12 minutes or steam for 2 –3 minutes until they are barely tender enough for a fork. Drain well. If using frozen green beans, thaw first.

Heat oil in a large skillet. Sauté onion until it is golden. Stir in green beans, salt and pepper. Let it simmer.

Toss with parsley before serving.

Nutrition Facts:

Calories	64
Fat	4 grams
Sodium	282 milligrams

Courtesy of www.phs.org and applesforhealth.com