

# RECIPE

## Green Beans Sauté

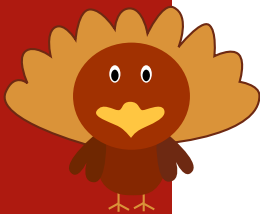
Start to Finish: 15 minutes Servings: 4

### Ingredients:

- 1 pound fresh or frozen green beans, cut in 1 inch pieces
- 1 tablespoon vegetable oil
- 1 large large yellow onion, halved lengthwise and thinly sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon 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 Information Per Serving:

64 Calories; 4 g Total Fat; 1 g Saturated Fat; 0 mg Cholesterol; 282 mg Sodium