



Green Beans with Caramelized Onions

Ingredients

1 lb.	Fresh Green Beans
2 Tbsp	Brown Sugar
1-2 tsps	Balsamic Vinegar
1	medium Sweet Onion
2 Tbsp	Butter

Preparation

Cook green beans in boiling water. Drain.

Cut onions into thin slices, and cut each slice in half.

Cook onions in a nonstick skillet over medium-high heat, stirring occasionally until onions are golden brown.

Reduce heat to medium; Stir in butter and brown sugar.

Add green beans; cook 5 minutes or until thoroughly heated.

Toss with vinegar.

Yield: 4 servings

Nutrient Analysis: 123 Calories, 53 calories from fat, 5.9 total fat grams, 3.7 grams Saturated fat, 0.3 grams Polyunsaturated fat, 1.5 grams Monounsaturated fat, 15 mg Cholesterol, 51 mg Sodium, 302 mg Potassium, 17.6 grams total Carbohydrates, 4.2 grams dietary fiber, 9.4 grams sugars, 2.4 grams Protein
(1 teaspoon balsamic vinegar is not included in nutritional breakdown)