



# Green Beans Sauté

Shine 365  
Marshfield Clinic

**SERVINGS:** 4 • **SERVING SIZE:** 3/4 cup

## INGREDIENTS

- 1-pound fresh or frozen green beans, cut in 1-inch pieces
- 1 tablespoon vegetable oil
- 1 large yellow onion, halved lengthwise and thinly sliced
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon fresh parsley, minced

## INSTRUCTIONS

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.

Heat oil in a large skillet. Sauté onion until golden. Stir in green beans, salt and pepper. Heat through.

Toss with parsley before serving.

## NUTRITION INFORMATION

Each serving contains 64 calories; 4 g fat (less than 1 g saturated); 282 mg sodium

*Source: National Heart, Lung, and Blood Institute*