

Green Beans with Almonds and Caramelized Onions

Ingredients:

- 1 tablespoon olive oil
- 1 large white onion, thinly sliced
- 1 tablespoon sugar
- 1 pound green beans, trimmed
- 1 teaspoon unsalted butter
- 1/4 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons sliced almonds, toasted

Directions:

1. Add olive oil to pan and melt 1 teaspoon butter. Place onions and sugar in pan. Stir and allow to caramelize until golden brown. Add green beans, remaining butter, and sliced almonds. Mix ingredients together. Season with salt and pepper.
2. Serve as a healthy side dish.

Nutrition Facts

Serving Size 1/2 cup (95g)		
Servings Per Container 6		
Amount Per Serving		
Calories 70	Calories from Fat 40	
% Daily Value*		
Total Fat 4.5g	7%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 85mg	4%	
Total Carbohydrate 9g	3%	
Dietary Fiber 3g	12%	
Sugars 5g		
Protein 2g		
Vitamin A 10%	Vitamin C 15%	
Calcium 4%	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories:	2,000 2,500	
Total Fat	Less than 65g 80g	
Saturated Fat	Less than 20g 25g	
Cholesterol	Less than 300mg 300mg	
Sodium	Less than 2,400mg 2,400mg	
Total Carbohydrate	300g 375g	
Dietary Fiber	25g 30g	
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

For more information, please contact:

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Source: <http://www.pauladeen.com>

