

# Green Beans with Mushrooms and Crispy Onion Rings

## Ingredients:

- 1/2 small red onion, cut into thin rings and separate
- 2 tablespoons all-purpose flour, divided
- 1/2 teaspoon salt, divided
- 2 1/2 tablespoons olive oil
- 8 ounces button mushrooms
- 1 cup skim milk
- 1/4 teaspoon ground black pepper
- 1 pound frozen green beans, thawed, or use fresh

## Directions:

1. In a bowl, toss the onion rings with 1 tablespoon flour and 1/4 teaspoon salt. Heat 1 1/2 tablespoons of the oil in a large skillet over medium-high heat. Cook the onion, stirring until golden brown, about 1–2 minutes. Transfer to plate and set aside.
2. Wipe out the skillet and heat the remaining tablespoon of olive oil over medium-high heat. Cook mushrooms, stirring, until tender, 5–6 minutes.
3. Reduce heat to medium. Sprinkle the remaining tablespoon of flour over the mushrooms and cook, stirring for 1 minute. Add the milk and 1/4 teaspoon each of salt and pepper. Simmer, stirring, until mixture begins to thicken, 1–2 minutes. Add green beans and cook until heated through, 3–4 minutes. Top with onions and serve.

<b>Nutrition Facts</b>	
Serving Size 1 cup (253g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	<b>Calories from Fat</b> 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein</b> 6g	
Vitamin A 20%	• Vitamin C 25%
Calcium 10%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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