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

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 8g	
Protein 6g	

Vitamin A 20% • Vitamin C 25%
Calcium 10% • Iron 8%

*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

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.

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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