Sautéed Green Beans with

Mushrooms and Caramelized Leeks

Ingredients:

- · 3 tablespoons extra virgin olive oil
- · 2 medium leeks
- 1 pound fresh green beans, trimmed, cut if preferred
- 1 tablespoon extra virgin olive oil
- 8 ounces sliced mushrooms

- · 1 large garlic clove, minced
- Sea salt
- Freshly ground black pepper
- Red pepper flakes, to taste

Directions

- 1. Peel the outer layer from the leeks. Slice off the roots and discard. Slice off the dark green parts of the leeks, discard or save for stock. Slice the white and light green parts of the leeks into 1/8-inch rounds. Add the sliced leeks to a bowl of water and swirl around. Allow any dirt and sand to settle to the bottom. Scoop out the leeks and empty the bowl. Repeat again with fresh water until no dirt remains.
- 2. Heat the olive oil in a pan over a medium-low heat. Add the sliced leeks. Stir around to evenly coat. Arrange in a single layer in the pan and cook for 25 45 minutes, stirring every so often. They will brown and become sweeter. You don't want them to burn, so turn down the heat to low, if necessary.
- 3. Meanwhile bring a large pot of salted water to a boil. Add beans and cook until tender-crisp, about 3 minutes. Drain and run under cool running water until they are cold. Set aside.
- 4. Heat 1 tablespoon olive oil in a large pan over high heat. Add the sliced mushrooms and cook, stirring occasionally, until they've released all their liquid and are browned, about 10 minutes total. Season to taste with salt and pepper.
- 5. Add the garlic, green beans, and all but 1/4 cup of the caramelized leeks to the pan with the mushrooms. Toss to reheat and combine. Season with salt, pepper, and red pepper flakes.
- 6. Meanwhile, turn the heat up on the pan with the remaining 1/4 cup of caramelized leeks, moving them around in the pan and allow them to get crispy; this will just take a couple minutes. Add a little drizzle of additional oil if necessary.
- 7. Transfer the green beans, mushrooms, and caramelized leeks mixture to a serving platter and top with the crispy leeks. Serve immediately.

Nutrition Facts

Serving Size (151g) Servings Per Container 6

Amount Per Serving

Calories 200 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 2g	

Protein 11g

Vitamin A 15%	 Vitamin C 45%
Calcium 15%	• Iron 20%

*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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Source: tasty-yummies.com

Fat 9 • Carbohydrate 4 • Protein 4

