

Green Beans with Caramelized Onions

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INGREDIENTS:

2 TBS olive oil, divided
2 (16-oz) packages frozen pearl onions, thawed
1 TBS sugar
1 tsp salt, divided
2 lbs green beans, trimmed
1/2 tsp black pepper

INSTRUCTIONS:

1. Heat 1 TBS oil in large nonstick skillet over medium heat. Pat onions dry with paper towels - add to pan. Increase heat to medium-high; sauté onions 5 minutes. Add sugar + 1/2 tsp salt; sauté 15 minutes or till onions are tender and golden brown - spoon into a bowl.
2. Heat 1 TBS oil in pan over medium-high heat. Add beans - sauté 8 minutes or till crisp-tender. Add onions, 1/2 tsp salt + pepper; cook 2 minutes or till mixture is thoroughly heated. Serve.

YIELD: 10 servings (serving size: 1 C)

NUTRITIONAL INFO: CALORIES 89 (29% from fat); FAT 2.9g (sat 0.4g, mono 2g, poly 0.3g); PROTEIN 2.5g; CARB 15.4g; FIBER 4.6g; CHOL 0mg; IRON 1.4mg; SODIUM 249mg; CALC 67mg