

## **Green Beans and Pan-Roasted Red Onions**

Source: Cooking Light magazine

### **INGREDIENTS:**

5 C water  
1 lb green beans, trimmed  
1 TBS olive oil  
3 red onions, each cut into 8 wedges  
1/2 C fat-free, less-sodium chicken broth  
1 TBS balsamic vinegar  
2 tsp brown sugar  
1/4 tsp salt  
1/4 tsp black pepper

### **DIRECTIONS:**

Bring water to boil in large saucepan - add beans - cook 6 minutes or till crisp-tender – drain/keep warm.

Heat oil in large nonstick skillet over medium-high heat - add onions - sauté 8 minutes or till browned - add broth - cook 3 minutes, stirring occasionally - stir in vinegar + remaining ingredients + beans – cover/cook 2 minutes.

**NOTE:** Beans may be cut into small pieces, if desired.

Serves: 14 (Serving size: 1/2 C)

**Nutrition Facts per Serving: Calories 33 Fat: 1g Carbs 5g; Chol 0mg; Sodium 62mg; Protein 1g; Fiber 1g; Cal. from Fat 27%; Cal. from Carbs: 61%**