Green Beans with Almonds & Caramelized Onions in a new light

Makes: 6 servings
Prep time: 10 minutes
Cook time: 25 minutes
Difficulty: Easy

Ingredients:

- 1 tablespoon olive oil
- 1 large white onion, thinly sliced
- 1 tablespoon sugar
- 1 pound green beans, trimmed
- 1 teaspoon butter
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste
- 2 tablespoons sliced almonds, toasted

Directions:

Heat oil in a large nonstick skillet over medium heat. Add onion and sugar and cook, stirring frequently, over medium-low heat, until the onion is very tender and caramelized, about 15 minutes.

Meanwhile, bring a large pot of water to a boil. Add beans and cook until tender-crisp, 6–8 minutes. Drain under cold running water and drain again.

Add green beans, butter, salt, and pepper to the skillet. Cook, stirring, until the beans are heated through. Sprinkle with the almonds just before serving.

Nutritional Information: Per serving (1/2 cup): 110 calories, 6 g fat (1 g saturated, 0 g trans), 5 mg cholesterol, 150 mg sodium, 14 g carbohydrate, 5 g fiber, 2 g protein.