

Green Beans with Caramelized Red Onions

From EatingWell: Fall 2003, The Essential EatingWell Cookbook (2004)

For an attractive presentation, trim the stem ends of the beans, leaving the pointed ends intact. Most fresh beans today do not require stringing, as the fibrous string has been bred out of them.

8 servings, about 2/3 cup each | Active Time: 25 minutes | Total Time: 35 minutes

Difficulty level- easy Price- moderate

Ingredients

1 tablespoon extra-virgin olive oil
3 medium red onions, (about 1 3/4 pounds), cut into 16 wedges each
1 pound green beans, trimmed
1/2 cup vegetable broth
1 tablespoon balsamic vinegar
2 teaspoons light brown sugar
1/4 teaspoon salt
Freshly ground pepper, to taste

Preparation

Heat oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, until golden, 10 to 15 minutes.

Meanwhile, bring a large saucepan of lightly salted water to a boil. Add green beans and cook, uncovered, until crisp-tender, 6 to 7 minutes. Drain.

Add broth to the onions; cook for 5 minutes. Stir in vinegar, brown sugar, salt and pepper. Add the beans, cover and cook for 2 minutes. Serve warm.

Nutrition

Per serving : 82 Calories; 2 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 15 g Carbohydrates; 2 g Protein; 4 g Fiber; 109 mg Sodium; 265 mg Potassium

1 Carbohydrate Serving

Exchanges: 2 1/2 vegetable, 1/2 fat

http://www.eatingwell.com/recipes/green_beans_with_caramelized_red_onions.html