



# Sautéed Green Beans with Almonds

4 Servings • 1 Serving = ½ Cup

## INGREDIENTS

- 2 cups fresh green beans, washed and trimmed
- 1 Tablespoon extra virgin olive oil
- ½ cup mushrooms, sliced
- ¼ white onion, finely chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ cup toasted almonds, sliced

## DIRECTIONS

1. Bring a pot of water to a boil. Add green beans and cook for 3-5 minutes, until cooked but crisp. Strain the beans and rinse under very cold water or place in an ice bath. Strain and set aside.
2. Heat oil in a large skillet over medium heat.
3. Add the mushrooms and sear them, allowing them to take on a deep brown color, about 3 minutes.
4. Reduce heat to medium-low and add onion. Allow onion to brown slightly, then stir until softened, about 3 minutes.
5. Add the green beans and stir so that everything is combined. Season with salt and pepper.
6. Allow the green beans to heat through. Remove from heat and serve with almonds sprinkled on top.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 37mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 189mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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