

Green Beans with Caramelized Onions

Serves: 4

Serving Size: 3/4 cup (180mL)

Prep Time: 10 min

Cook Time: 30 min

1 Tbsp. (15mL) unsalted margarine

1 large sweet onion, peeled and cut into strips

1 Tbsp. (15mL) sugar

3/4 lb (375g) green beans, trimmed

Vegetable oil spray

1 Tbsp. (15mL) Mrs. Dash® Lemon Pepper Seasoning



Heat margarine in large skillet, add onion, sprinkle with sugar.

Cook over low heat until onions are golden and tender, about 20 minutes. Cook green beans in boiling water for 10 - 13 minutes or until tender. Drain and place in bowl.

Spray hot beans with vegetable oil spray and sprinkle with Mrs. Dash® Lemon Pepper Seasoning Blend, toss.

Garnish with caramelized onions.