

Green Bean and Mushroom Medley

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 3 cups** green beans (fresh, cut into 1-inch lengths)
- 2** carrot (cut into thick strips)
- 3 tablespoons** olive oil
- 1** onion (large, sliced)
- 1 pound** mushroom (fresh, sliced)
- 1 teaspoon** lemon pepper seasoning (Mrs. Dash)
- 1/2 tablespoon** garlic salt
- 1/4 cup** almonds (toasted, slivered)

Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, Lemon pepper, and garlic salt. Cover, and cook for 5 minutes over medium heat.

North Carolina Cooperative Extension, Wayne County, Healthy Recipes: Tested, Tried & True

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	10 g	3%
Dietary Fiber	4 g	16%
Saturated Fat	0.5 g	3%
Sodium	70 mg	3%