



Balsamic-Glazed Green Beans and Pearl Onions

Intermediate Lifestyle

Ingredients

1-1/4 pounds green beans, trimmed
1 TBS butter, divided
6 oz. red pearl onions, halved lengthwise and peeled
1/4 cup fat-free, lower-sodium chicken broth
3 TBS balsamic vinegar
1 TBS sugar (or Splenda, or sugar-free maple syrup)
1/2 TSP kosher salt
1/2 TSP freshly ground black pepper

Instructions

1. Place beans into a large saucepan of boiling water; cook 3 minutes. Drain and rinse with cold water; drain well. Place beans in a large bowl; set aside.
2. Heat 1-1/2 TSP butter in a large nonstick skillet over medium-high heat. Add onions; sauté 3 minutes or until lightly browned, stirring frequently. Add broth, vinegar, and sugar; bring to a boil. Simmer 3 minutes or until syrupy.
3. Add beans, remaining 1-1/2 TSP butter, salt, and pepper; toss to coat. Cook for 2 minutes or until thoroughly heated.

Portion-Per-Serving Information (Yields 8 servings)

1 serving = 2/3 cup = 1 V