



BALSAMIC-GLAZED GREEN BEANS & 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

—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.

—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.

—Add beans, remaining 1-1/2 TSP butter, salt, and pepper; toss to coat. Cook for 2 minutes or until thoroughly heated.

SERVING INFO: (Serves 8)

2/3 cup = 1 V