

Side Dish

Greek Green Bean Medley

Taste of Home Simple & Delicious - August 2011

Servings: 4

Start to Finish Time: 20 minutes

3/4 pound green beans

1 medium red onion, halved and thinly sliced

1/3 cup sweet orange pepper, chopped

1 tablespoon olive oil

2 cloves garlic, minced

1/2 teaspoon Greek seasoning

1/4 teaspoon dried oregano

1/8 teaspoon salt

1/8 teaspoon pepper

Place the beans in a steamer basket. Place the basket in a large saucepan over one inch of water.

Bring to a boil. Cover and steam for 8 to 10 minutes or until crisp-tender.

In a large skillet, saute' the onion and orange pepper in oil until crisp-tender.

Stir in the garlic and Greek seasonings, oregano, salt and pepper.

Cook 1 minute longer.

Add the green beans. Toss to coat.

Per Serving (excluding unknown items): 72 Calories; 4g Fat (40.7% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fat.