

Skillet Green Beans

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Servings: 8

2 pounds haricots verts (thin green beans), trimmed
4 thick hickory-sliced bacon slices, cut crosswise into 1/4-inch-thick pieces
6 large shallots, quartered
1 tablespoon olive oil
1/4 cup syrup from Candied Jalapenos
2 tablespoons red wine vinegar
Kosher salt
freshly ground black pepper
Candied Jalapenos (see recipe under Sauces/ Condiments)
Field Pea Relish (see recipe under Sauces/ Condiments)

Cook the green beans in boiling salted water to cover for 3 to 4 minutes or until crisp-tender. Drain. Plunge the beans into ice water to stop the cooking process. Drain.

Cook the bacon in a large skillet over medium heat for 5 to 6 minutes or until crisp. Remove with a slotted spoon and drain on paper towels reserving two tablespoons of drippings in the skillet.

Saute' the shallots in hot olive oil and the reserved drippings over medium heat for 8 to 10 minutes or until golden brown and tender. Stir in the jalapeno syrup and vinegar.

Increase the heat to medium high. Add the green beans. Saute' for 5 minutes or until hot. Add salt and pepper to taste. Toss with the bacon.

Serve with the jalapenos and relish.

Per Serving (excluding unknown items): 21 Calories; 2g Fat (69.6% calories from fat); trace Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	21	Vitamin B6 (mg):	trace
% Calories from Fat:	69.6%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 27.0%
 % Calories from Protein: 3.4%
 Total Fat (g): 2g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): 1g
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 1g
 Dietary Fiber (g): 0g
 Protein (g): trace
 Sodium (mg): 1mg
 Potassium (mg): 29mg
 Calcium (mg): 3mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 936IU
 Vitamin A (r.e.): 94RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): 0mg
 Folic Acid (mcg): 3mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 21 Calories from Fat: 14

% Daily Values*

Total Fat 2g 3%
 Saturated Fat trace 1%
 Cholesterol 0mg 0%
 Sodium 1mg 0%
 Total Carbohydrates 1g 0%
 Dietary Fiber 0g 0%
 Protein trace

Vitamin A 19%
 Vitamin C 1%
 Calcium 0%
 Iron 1%

* Percent Daily Values are based on a 2000 calorie diet.