Crispy Green Beans Sautéed with Bacon & Onions

16 SERVINGS • PREPARATION TIME: 10 MINUTES • COOKING TIME: 20 MINUTES

1 pound fresh green beans, trimmed and halved crosswise
4 slices of bacon, cured, lower sodium
16 ounces pearl onions
2 teaspoons sugar
½ teaspoon ground thyme
1½ tablespoons cider vinegar
¾ teaspoon salt
¼ teaspoon black pepper

- Boil a pot of water; boil beans 4 minutes. Run beans under cold water and dry.
- Crisp bacon in a frying pan over medium high heat. Take bacon out of pan, saving 2 tablespoons of drippings.
- Coarsely chop bacon and reserve.
- Sauté onions in bacon fat in pan for 3 minutes, stir often.
- Mix in sugar and thyme and cook 3 minutes.
- Mix in the beans and cook 2 minutes.
- Toss bean mixture with vinegar, salt and pepper.
- Top with bacon when ready to serve. Bacon bits, turkey bacon, or vegetarian bacon can be used to lower sodium levels.

Per serving: starch exchanges, 5; fat exchanges, ¼; calories, 73.1; total fat, 1.6 g; saturated fat, 0.6 g; trans fat, 0.9 g; sodium, 274.3 mg; total carbohydrate, 13.3 g; dietary fiber, 2.2 g; sugars, 3.6 g; protein, 2.8 g