

# Diabetes-Friendly Thanksgiving Recipe

## 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*

*Recipe from [www.dlife.com/diabetes/diabetic-recipes](http://www.dlife.com/diabetes/diabetic-recipes).*

