

Green Beans Tossed with Portobello Mushrooms, Shallots & Feta

Forget using processed soup and fried onions to flavor your green beans. In fact, one taste of this Portobello mushroom and feta-laced side, and your guests will never want to return to that 1970's holiday standard.

Serves 12. Hands-on time: 30 minutes. Total time: 30 minutes

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| <ul style="list-style-type: none"> ▪ 2 lbs. fresh green beans, ends removed ▪ 4 tsp extra virgin olive oil ▪ 6 oz portobello mushrooms, cleaned and chopped ▪ 2 shallots, finely diced (about ½ cup) | <ul style="list-style-type: none"> ▪ Sea salt, to taste (optional) ▪ Ground black pepper, to taste (optional) ▪ 1 oz. low-fat feta cheese, crumbled |
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Bring 2 quarts water to boil over medium-high heat. Meanwhile, fill 1 large bowl with cold water and ice.

Drop green beans in boiling water and blanch for 1 minute.

Remove green beans from boiling water and plunge into ice bath to stop the cooking process.

In another large saucepan, heat oil over medium-high heat for 1 minute. Add mushrooms and sauté for 5 minutes, followed by shallots and sauté for an additional 2 minutes or until mushrooms are cooked and shallots are translucent. Toss in green beans and cook for 5 minutes, stirring until green beans are warm.

Remove from heat, then season with salt and pepper, to taste, if desired. Just before serving, add feta and toss.

Nutritional bonus: Low in calories, but high in nutrients, green beans pack a healthful wallop of vitamin K. In fact, just 1 cup of green beans supplies more than 20% of your daily allowance of vitamin K, which maintains bone mineralization, allowing your substructure to remain strong and healthy.

Nutritional breakdown (per 6 oz. serving):

Calories: 120	Fat: 2 g Sat Fat: 0.5 g	Carbohydrates: 19 g	Cholesterol: 0 mg	Protein: 7 g	Sodium: 75mg
Fiber: 6 g	Sugars: 2 g				

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