

## *Green Beans with Braised Onions*

1 pound fresh green beans (or I use two 10-oz steamer bags)\*

1 small onion

1/3 cup water

1 TBS soy sauce (I use Braggs Liquid Aminos)

1 TBS seasoned rice vinegar

Trim beans and break them into bite-size pieces (about 3 cups). Steam until tender, about 10 minutes. Cut onion in half lengthwise, then cut each half into thin crescent slices.

(\*Note: If using Steamer green beans, microwave them before adding to the pan; but shorten the microwave time by a minute or so, because they'll cook a little in the pan too, and you don't want them mushy. They should still have some crispiness).

In large skillet, heat the water, then add onion. Cook over medium heat until soft, 3 to 5 minutes. Lower the heat, add soy sauce and vinegar. Continue cooking until most of the liquid has evaporated and the onion slices are lightly browned. Add the steamed green beans, toss to mix, and serve.

Makes three 1-cup servings.

Per serving: Calories: 63; Fat .04 g; Calories from fat: 5%; Cholesterol: 0;

Protein 3 g.