

GARLICKY GREEN BEANS WITH CRISPY ONIONS

Lighten and freshen things up with this delicious spin on a classic holiday side dish. These stovetop green beans are made with fresh, crispy onion strings. Try it at your next Holiday gathering!

Ingredients

2 tablespoons canola oil, for frying

2 small, sweet onions sliced into thin rings & patted dry

1/4 cup all-purpose flour

½ teaspoon salt

3 tablespoons unsalted butter

3 cloves garlic, minced

1-pound green beans, trimmed

½ cup low sodium chicken broth

Salt and pepper, to taste

1 cup **shredded cheese**, like parmesan or cheddar

Instructions

- 1. In a large pot over medium-high heat, heat the oil. In a large mixing bowl, toss sliced onion rings with flour and ½ tsp salt. Shake onion and discard excess flour. When oil is hot but not smoking, add a handful of onions and fry until golden brown. Transfer to a paper towel-lined plate. Repeat with additional batches of onions (adding more oil to the pan, as needed).
- 2. Meanwhile, in a large sauté pan over medium-high heat, melt butter. Add garlic and sauté for one minute until fragrant. Add green beans and chicken broth. Stir and cover with lid to steam; cook until al dente (5-7 min) and most of the liquid is gone. Sprinkle cheese all over and cover with lid until melted.
- 3. Top with crispy onions, season with salt and pepper to taste, and serve immediately.



Recipe featured in the December 2020 issue of Beyond Hunger's Nutrition Newsletter

