

Green Beans with Sage & Mushrooms

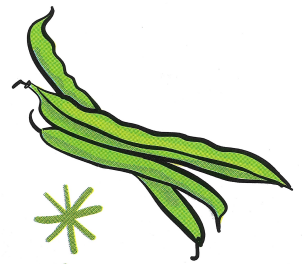
START TO FINISH 30 minutes

- 2 lb. fresh green beans, trimmed if desired
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 3 to 4 cloves garlic, thinly sliced
- 12 oz. fresh mushrooms, such as cremini, button, porcini, or stemmed shiitake, halved lengthwise
- 3 Tbsp. snipped fresh sage
- Coarse sea salt
- Freshly ground black pepper

1. In a covered large saucepan cook green beans in a small amount of boiling salted water for 3 to 4 minutes or just until crisp-tender; drain. Immediately plunge beans into ice water; let stand for 3 minutes. Drain and set aside.

2. In a 12-inch skillet heat oil and butter over medium heat. Add garlic; cook and stir just until golden brown. Add mushrooms; cook for 6 to 8 minutes or until tender, stirring occasionally. Add green beans. Cook for 5 to 8 minutes or until heated through, stirring occasionally. Remove from heat. Stir in sage. Season to taste with salt and pepper. **Makes 8 servings.**

PER SERVING 112 cal., 6 g fat (2 g sat. fat), 8 mg chol., 150 mg sodium, 14 g carb., 4 g fiber, 3 g pro.



About Green Beans
Look for slender green beans that are crisp and brightly colored. Store them in an airtight container or bag in the refrigerator for up to 5 days.

