

Green Beans with Flair

Makes 4 servings | **Vegetables**

Ingredients

- 1 pound fresh or frozen, or 14.5 ounces canned green beans
- 2 Tablespoons canola oil
- ½ cup onion, chopped
- ½ cup celery, diced
- 4 Tablespoons water
- ½ teaspoon sugar

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If using fresh green beans, wash and cut into 1-inch pieces. If using canned, drain and rinse under cool water.
3. Heat oil in skillet or electric skillet over medium heat.
4. Add onion and celery. Cook slightly.
5. Add green beans, water, and sugar to skillet.
6. Cover and cook on low for about 10-20 minutes or until beans are tender. Frozen and canned green beans may cook faster.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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