

# Recipe

County information

OSU Extension, Adams County  
215 N Cross St.  
West Union, OH 45693



Prep Time:	5 minutes
Cook Time:	5-10 minutes
Serving Size:	6 servings

**Nutrients Per Serving:** Calories 35 ,  
Protein 2 g, Carbohydrate 6 g,  
Dietary Fiber 2 g, Total Fat 0 g,  
Saturated Fat 0 g, Sodium 190 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Green Bean Sauté

### INGREDIENTS

- 2 cans green beans, drained (or equivalent amount of fresh beans partially cooked)
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 1 clove garlic, sliced OR 1 teaspoon minced garlic

optional: add chopped red bell pepper

### DIRECTIONS

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly or cook until desired doneness.

#### Source:

What's Cooking? USDA Mixing Bowl

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



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