

# **Green Beans with Mustard, Shallots, and Bacon**

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/GreenBeans.aspx>

## **Ingredients**

- 1 pound fresh green beans, trimmed (or one 16-ounce package frozen green beans)
- 2 slices lean bacon
- 1/4 cup shallots, sliced (or, alternatively, 1/4 cup sliced green onions)
- 2 teaspoons brown or grainy mustard
- salt and pepper, to taste (Nutrition Facts calculated without added salt)

## **Instructions**

1. In a large saucepan, heat 1/2 cup water to boiling and add green beans. Cover and cook for 10-15 minutes or until beans are crisp-tender. Drain into a colander then rinse beans under cold water and set aside (if using frozen beans, cook according to package directions.)
2. In a medium skillet, cook bacon until crisp. Drain bacon on paper towels then crumble pieces and set aside.
3. Add shallots to bacon drippings then raise heat to medium-high and cook until tender. Turn heat to low then stir in the mustard, salt and pepper. Add green beans and toss until evenly coated.
4. Serve in a platter sprinkled with crumbled bacon.

**Makes 6 servings**

## **Nutrition information per serving**

Calories: 33	Dietary Fiber: 3g
Total Fat: 0g	Sodium: 56mg
Saturated Fat: 0g	Protein: 2g
Cholesterol: 1mg	Carbohydrates: 7g

