

Caramelized Green Beans and Sweet Onions

Servings: 4

Active Time: 40 minutes

Total Time: 40 minutes

Ingredients

8 to 10 oz sweet onion

3 tablespoons extra-virgin olive oil

12 oz green beans, trimmed and halved

16 to 20 medium fresh sage leaves

$\frac{3}{4}$ teaspoon Kosher salt, and more if needed

2 tablespoons fresh orange juice

Directions

1. Cut the onion in half lengthwise, trim the ends, and peel it. Cut each half lengthwise into $\frac{1}{2}$ -inch wide slices, angling your knife toward the center of the onion with each cut (a radial cut). Discard any very thin or small pieces of onion.
2. In a 10-inch straight-sided sauté pan, heat the 3 tablespoons olive oil over medium heat.
3. Add the onion, green beans, sage leaves, and $\frac{3}{4}$ teaspoon salt. Using tongs, stir and flip the vegetables to coat them well with the olive oil. Reduce the heat to medium-low.
4. Cook, stirring and tossing the vegetables with tongs only occasionally at first, but more frequently as browning begins, until the vegetables are very well browned and tender, 20 to 24 minutes. The bottom of the pan will be very brown, too. (As you're stirring, brush the vegetables back and forth over the browned spots on the bottom of the pan—the onion will release juices, which help release the browned bits.)
5. Remove the pan from the heat, add the orange juice, and stir vigorously with a wooden spoon to scrape up the browned bits from the bottom of the pan. Taste and season with more salt if necessary. Transfer the vegetables to a serving dish or dinner plates.

Nutrition Info

Per serving: 129 Calories; Fat 10.7 g (Sat 1.5 g); Cholesterol 0 mg; Sodium 148.1 g; Carbohydrates 9.3 g; Fiber 2.1 g; Protein 1.5 g.