



WEEK 1 - Recipe Caramelized Onions with Green Beans

SERVINGS: 2

- 1 onion, sliced
- 1 teaspoon olive oil
- 3 cups green beans
- 1 cup garbanzo beans, drained & rinsed
- 2 dashes salt
- 2 tablespoons sliced almonds, toasted

NUTRITION INFORMATION PER SERVING

Protein: 11g, **Total Fat:** 7.8g, **Carbs:** 36g,
Calories: 239kcal, **Fruits:** 0 servings,
Vegetables: 2 servings

DIRECTIONS

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 10-15 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans along with salt.
5. Top with sliced almonds.