

## [Green bean and mushroom medley](#)



Recipe credit

Adapted from the United States Department of Agriculture's [Green Bean and Mushroom Medley](#)

### **About this recipe**

Serves

8

Serving size

1/8 of prepared recipe

Time to make

20 minutes preparation; 20 minutes cook time

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 3 cups fresh green beans, cut into 1-inch lengths
- 2 carrots, cut into thick slices
- 3 tablespoons oil
- 1 large onion, sliced
- 1 pound fresh mushrooms, thinly sliced
- 1 teaspoon low-sodium lemon pepper seasoning
- 1/2 tablespoon garlic salt
- 1/3 cup slivered almonds, toasted

# Directions

1. Place green beans and carrots in 1 inch of boiling water.
2. Cover, and cook until tender but still firm. Drain the water.
3. Add oil to a heated skillet. Sauté onions and mushrooms until almost tender.  
Reduce heat, cover, and simmer 3 minutes.
4. Stir in green beans, carrots, lemon pepper, and garlic salt.
5. Cover, and cook for 5 minutes over medium heat.

# Tips and variations

- Prepare this dish ahead of time and reheat in the oven. Prepare through step 3 and mix the ingredients in a greased shallow baking pan. Refrigerate. When you are ready to reheat, preheat the oven to 325 degrees and bake the dish for 10 minutes until heated thoroughly.
- Use this same recipe to explore different vegetable, seasoning and nut combinations.

# Nutritional info

Calories

100

Total fat

5 g

Saturated fat

1 g

Sodium

70 mg

Total carbohydrates

10 g

Dietary fiber

4 g

Protein

4 g

Total sugar

3 g

Allergens

Tree nuts

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