

Green Bean and Mushroom Medley

Lemon pepper seasoning and garlic salt give a flavor punch to this mushroom, carrot, and green bean side dish.

Makes: 8 servings

Ingredients

- 3 cups green beans, cut into 1-inch lengths
- 2 carrots, cut into thin rounds
- 3 tablespoons olive oil
- 1 large onion, sliced
- 1 pound mushrooms, sliced
- 1 teaspoon lemon pepper seasoning
- ½ tablespoon garlic salt
- ¼ cup slivered almonds, toasted (optional)



Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and cook for 3 minutes.
3. Stir in green beans, carrots, lemon pepper, and garlic salt. Cover and cook for another 5 minutes over medium heat. Sprinkle the toasted almonds on top (optional) and serve.

Recipe from: North Carolina Cooperative Extension, Wayne County, adapted by the USDA Food and Nutrition Administration.

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