

Green Beans with Caramelized Red Onions

6 Tablespoons olive oil
1 pound red onions, thinly sliced
1 pound slender green beans, trimmed

1 ½ Tablespoons balsamic vinegar
¾ teaspoon dried tarragon

Heat 3 Tablespoons oil in heavy large skillet over medium-high heat. Add onions; sauté until deep brown, about 35 minutes. Season with salt and pepper. Cook beans in medium pot of boiling, salted water until just crisp-tender, about 4 minutes. Drain; rinse under cold water until cool, then pat dry.

Whisk remaining 3 Tablespoons oil, vinegar and tarragon in large bowl to blend. Add beans and onions and toss to coat. Season with salt and pepper. Serve warm or at room temperature.

Per recipe: 350 mg phe
Per ½ cup serving: about 25 mg phe

Quick Tips:

- The onions can be made 3 hours ahead.
- Use frozen green beans if fresh beans are not in season.

Recipe from Bon Appetit November 2000.



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>