

## Soy Glazed Sautéed Green Beans

*This is a family favorite, especially when fresh green beans are in season. Freeze some of the summer's bounty and enjoy this recipe all year long!*

- o non-stick cooking spray
- o 2 slices bacon, sliced into ½ pieces
- o 1 pound green beans -- (fresh or frozen)
- o ½ cup sliced red onion
- o 2 tablespoons honey
- o 2 tablespoons low sodium soy sauce
- o fresh ground pepper

Spray a large sauté pan with nonstick cooking spray. Heat over medium-high heat. Add bacon and cook until it begins to brown.

Toss in green beans (no need to thaw if frozen) and sliced red onions.

Cook until beans are tender-crisp and onion has browned, approximately 15 minutes. Stir occasionally to ensure even cooking.

Mix honey and soy sauce together and pour over cooked beans and onions, stir to combine. Season with pepper and cook for 3 to 5 minutes or until sauce has thickened.

Note: eliminate the bacon for a delicious vegetarian version!