

## Mushroom & Green Bean Sauté



### Ingredients:

- 3 cups green beans, cooked
- 2 carrots, cut into strips
- 3 tablespoons canola or olive oil
- 1 onion, sliced
- 1 pound mushrooms, sliced
- 1/2 tablespoon garlic salt
- 1/4 cup almonds, slivered

### Directions:

1. In a large pot, place green beans and carrots in one inch of boiling water.
2. Cover and cook until tender.
3. In a large skillet over medium heat, add oil and sauté onions and mushrooms until almost tender.
4. Stir in green beans, carrots, and garlic salt.
5. Cover and cook over medium heat for 5 minutes.

Makes 8 servings.



**Tarrant County Public Health**  
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