

Orange-Soy Glazed Green Beans

Traci Horany

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| 1 Tbsp. olive oil | 1 lb. fresh green beans,
trimmed |
| 1 large sweet onion, thinly
sliced | ¼ cup orange marmalade |
| 2 tsp. sugar | 1 Tbsp. soy sauce |

Heat oil in large nonstick skillet over medium heat. Add onions and sugar; cook, stirring often, 25 to 30 minutes or until onions are deep golden brown. Remove from heat and set aside.

Meanwhile, cook green beans in boiling water 4 to 5 minutes or just until crisp-tender; drain. Plunge into ice water; drain. Add cooked green beans to skillet with onions. Stir in marmalade and soy sauce; cook over medium-high heat 2 to 3 minutes or until marmalade melts and mixture is thoroughly heated.

Garden Frittata

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| 1 tsp. margarine | ¼ tsp. salt |
| 1 cup chopped asparagus
spears | ½ tsp. freshly ground pepper |
| 1 cup chopped broccoli | 2 oz. shredded Cheddar
cheese |
| ¼ cup chopped sweet onion | 2 Roma tomatoes, thinly sliced |
| 2 egg whites | Chopped fresh basil (optional) |
| 1 egg | |

Coat ovenproof skillet with nonstick spray and heat margarine over medium heat. Add asparagus, broccoli, and onion; sauté 5 minutes or until vegetables are tender. In a small bowl, whisk together egg whites, eggs, salt and pepper. Pour over vegetables in skillet. Cover; cook until edges are set and bottom is lightly browned, about 2 minutes. Top with tomato slices and sprinkle with cheese. Broil frittata 2 minutes or until lightly browned. Cut into wedges. Serve sprinkled with fresh basil, if desired.