

Here's a healthier alternative to that popular Thanksgiving Day staple!

Ingredients:



1 can green beans

1 can sliced mushrooms

Optional: 1/4 cup chopped white onion

Mixed Pepper (Black, Green, White, Chili, Pink) and Sea salt

1 oz. skim milk

Optional: Chopped deli meat (ex. 2 slices of lean ham, cut in small pieces)

Directions:

Place everything in a wok or large skillet and heat until milk is partially evaporated. It won't be thick, but gives it a bit of a sauce.