

Spicy Schezuan Green Beans



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What You Need

These spicy beans are served with rice and grilled pork tenderloin or fish

Makes 4 servings

- 2 cloves garlic, minced
- 2 tsp fresh ginger, minced
- 1 tsp sesame oil
- 1 tsp canola oil
- 1 tsp red chili sauce (more if you like)
- 1 tbsp soy sauce
- Green Beans 340g (12 oz.)

Per Serving

Calories: 51
Carbohydrates: 7 g
Protein: 2 g
Fat: 2 g
Fiber: 2 g

How You Prepare

STEAM GREEN BEANS IN STEAMER OR MICROWAVE 2 MINUTES. MEANWHILE, PLACE ALL OTHER INGREDIENTS IN SAUCEPAN. ADD GREEN BEANS AND STIRFRY UNTIL HOT.