



NUTRITION CONSULTING INC.

Spicy Schezuan Green Beans

Serve these spicy beans with steamed rice and grilled pork tenderloin, chicken, tofu or fish.

Makes 4 servings

What you need:

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.)



How you prepare:

Add a small amount of water to a saucepan, add beans and steam a few minutes covered until beans are slightly soft but not overdone. Meanwhile, place all other ingredients in a small bowl. Dump out excess water from the green beans and add oil mixture to the saucepan and stir-fry until hot.

Per serving:

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

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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