

# Spicy Green Beans with Ginger



Serving size: 4 (1/2 cup)

TOTAL TIME



DIFFICULTY



VEGETARIAN



DAIRY-FREE

## Preparation

1. Bring a large pot of water to a boil. Add green beans and blanch for 2 minutes. Drain water and submerge green beans in an ice bath to stop the cooking process.
2. In the meantime, heat oil in a skillet over medium heat. Add garlic, ginger, and peppers, and sauté until peppers begin to soften, about 2 minutes.
3. Add green beans and turn in oil mixture until heated through. Drizzle soy sauce over top and serve immediately.

## Nutrition Facts Per Serving

Calories	53
Fat	4g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	5g
Fiber	2g
Protein	1g

## Ingredients

- 2 cups green beans, trimmed
- 1 tablespoon olive oil
- 1 large clove garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 tablespoon fresh cherry peppers (or other hot pepper), sliced
- 2 teaspoons reduced-sodium soy sauce

