

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Sesame Green Beans
Serves 6-8**

Ingredients

1 pound fresh green beans, trimmed
1 teaspoon canola oil
1 teaspoon sesame oil
1 red bell pepper, cut into 2-inch strips
2 cloves garlic (about 2 teaspoons)
¼ teaspoon crushed red pepper flakes (optional)
1 tablespoon low-sodium soy sauce
½ teaspoon sesame seeds (optional)

Directions

1. Bring a large saucepan of water to a boil. Add beans and cook 2 minutes. Drain and run over cold water to stop cooking. Set aside
2. Heat canola and sesame oil in a large skillet. Add red bell pepper, garlic, and crushed red pepper flakes. Sauté for 1 minute. Add green beans, soy sauce, and walnuts. Cook another 2 minutes until heated through.
3. Garnish with sesame seeds.

Recipe Note: May substitute frozen whole green beans, thawed, for fresh beans. Just skip step 1.

Nutritional Information per Serving:

Calories: 36	Carbohydrates: 4g
Total Fat: 2g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 2g
Protein: 2g	Sodium: 104mg