



Sautéed Asian Green Beans

1 pound fresh green beans	1/4 cup water	1 teaspoon dried ground ginger
1 tablespoon vegetable oil	1/2 teaspoon sesame oil (optional)	1 tablespoon brown sugar
3 cloves garlic, minced	2 tablespoons low-sodium soy sauce	2 tablespoons sesame seeds
1 teaspoon red pepper flakes		

Wash green beans. **Remove** the ends and strings. **Cut** into 1-inch pieces. In a large pan or wok, **heat** oil over medium heat. **Sauté** the garlic until it is fragrant. **Add** the red pepper flakes. **Stir** for 1 minute. **Add** beans and **toss** to mix. **Add** water and sesame oil (if using). **Cover** and **steam** for 3 to 5 minutes. **Remove** the cover. **Add** the soy sauce, ground ginger, and brown sugar. **Stir** for 4 to

6 minutes until a sauce forms and the green beans soften to your liking. **Mix** in sesame seeds and serve warm over brown rice or rice noodles.

Yield: 4, 1-cup servings

Nutritional Analysis: 120 calories, 7g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 300 mg sodium, 14g carbohydrate, 4g fiber, 7g total sugars, 3g added sugars, 4g protein.

Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

STORAGE: Store unwashed beans in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

PREPARATION: Wash and remove the stems and strings. Cook by steaming in a small amount of water until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

GREEN BEANS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

May 2020

Source: FruitsAndVeggies.org

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service