

Asian Green Bean Stir Fry

Ingredients:

- 2 ½ tsp. sesame oil
- 1 ½ tbsp. low sodium soy sauce
- 1 ½ pounds green beans
- 12 ounces Chinese cabbage
- ¾ red onion, diced
- ⅛ tsp. crushed red chili flakes
- 2 cloves garlic
- 1 ½ tsp. ground black pepper
- ⅓ cup water
- ¼ tsp. salt



Nutrition Facts

Serving Size 1 cup (205g)
Servings Per Container 6

Amount Per Serving

Calories 70 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 16%

Sugars 5g

Protein 3g

Vitamin A 70% • Vitamin C 70%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Heat oil in a large skillet over medium-high heat. Add onions and cook until just translucent.
2. Add green beans and bok choy, crushed red pepper, garlic, soy sauce, salt and pepper and cook, stirring often, until seared in spots, 2 to 3 minutes.
3. Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp.
4. Cook, stirring often, until heated through and most of the liquid has evaporated, 1 to 2 minutes.