

KOREAN CHILI GREEN BEANS FIT

Serving size: ½ cup

Makes 7 servings

- 3 cups Green Beans, fresh, snapped
- 1 TBSP + 1 tsp Canola Oil
- 2 tsp Garlic, fresh, minced
- 1 cup Red Onion, julienned
- 1 cup Red Bell Pepper, julienned
- 1 TBSP Gochujang (Korean Hot Red Pepper Paste)
- 1/8 tsp Kosher Salt

Preparation:

1. Bring a large pot of water to a boil. While waiting to boil, take a large bowl and fill with ice and water.
2. When water is boiling, add the green beans and cook for about 2 minutes, until bright green and slightly tender.
3. Immediately transfer blanched beans to the bowl of ice water to stop the cooking. Drain well and set aside.
4. In large skillet or wok, heat canola oil until it's shimmering and just starting to smoke.
5. Add the chopped garlic and sliced onions. Stir-fry for about 30 seconds, until fragrant.
6. Add in the bell peppers and blanched green beans. Stir-fry for 2–3 minutes, until the peppers start to soften but still have some crunch.
7. Stir in the gochujang and Kosher salt. Mix well so everything is coated. Cook for another minute, then serve hot.



NUTRITION FACTS

PER SERVING

calories	60
total fat (g)	3
saturated fat (g)	<1
sodium (mg)	90
total carbohydrate (g)	8
dietary fiber (g)	2
added sugar (g)	<1
protein (g)	1