

Recipe for

GINGER SESAME GREEN BEANS

EQUIPMENT NEEDED medium saucepan, cutting board, knife

SERVES 4 ESTIMATED COST \$4.27 COST PER SERVING \$1.07

INGREDIENTS

- 1 tsp cooking oil (e.g. olive, sesame, or canola)
- 1/2 medium onion, sliced
- 2 ea 14.5oz cans green beans, drained and rinsed
- 1/4 cup soy sauce
- 1/2 inches ginger, minced, or 1/4 tsp ground ginger
- 2 cloves garlic, minced
- ground black pepper, to taste
- 1/2 tbsp sesame seeds, optional

METHOD OF PREPARATION

1. In a medium saucepan heat oil over medium heat.
2. Add onions and sauté for 3-5 minutes, or until tender.
3. Add remaining ingredients, except sesame seeds, and bring to a medium boil.
4. Remove from heat. Place on serving platter and top with sesame seeds (optional). Enjoy!

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NUTRITION INFORMATION

Ginger Sesame Green Beans		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	70.7 kcal	4 %
Total Fat	1.2 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	574.3 mg	24 %
Total Carbohydrate	11.5 g	4 %
Dietary Fiber	3.8 g	15 %
Sugars	2.4 g	
Protein	3.4 g	7 %
Vitamin A	0 % • Vitamin C	2 %
Calcium	6 % • Iron	11 %

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

HEALTH BENEFITS

Green Beans – great source of vitamin K which aids in maintaining healthy bones. High source of folate which helps the growth and development of unborn babies of pregnant people.



HEALTH BENEFITS

Garlic – contains anti-inflammatory compounds that can aid in reducing sore joints or muscles. Garlic is also shown to aid in heart health by lowering blood pressure and supporting healthy blood flow.



References:

1. Recipe provided by Reanetta Perkins

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