

GREEN BEANS

*with coconut, sesame
& scallions*



WAC Fun Food Fact

This green bean side dish is a more natural substitute for the higher calorie traditional green bean casserole that incorporates creamed soup concentrate and packaged fried onions. Use less processed ingredients to make a holiday side with lots of flavor and special toppings.

INGREDIENTS

- 2 scallions, sliced
- 1 tablespoon minced fresh ginger
- 5 tablespoons grapeseed oil
- 1 pound green beans, trimmed
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 tablespoons toasted unsweetened coconut flakes
- 1 teaspoon black sesame seeds

INSTRUCTIONS

- 1 Combine scallions and ginger in a small heatproof bowl.
- 2 Heat oil in a large skillet over medium-high heat until shimmering. Carefully spoon 3 tablespoons of the oil into the bowl. Add beans to the remaining oil in the pan and cook, without stirring, until starting to blister, about 2 minutes.
- 3 Season with salt and pepper; continue to cook, stirring occasionally, until the beans are tender, about 5 minutes more.
- 4 Serve topped with the scallion-ginger oil, coconut and sesame seeds.



Recipe of the Month | NOVEMBER

NUTRITION INFORMATION: 212 calories; 20 g fat(3 g sat); 4 g fiber; 10 g carbohydrates; 3 g protein; 43 mcg folate; 0 mg cholesterol; 4 g sugars; 0 g added sugars; 859 IU vitamin A; 15 mg vitamin C; 56 mg calcium; 1 mg iron; 299 mg sodium; 270 mg potassium