

Green Beans with Red Pepper and Garlic

Ingredients

- 1 pound green beans, stems trimmed
- 2 teaspoons olive oil
- 1 red bell pepper, seeded and cut into thin slices
- 1/2 teaspoon chili paste or red pepper flakes
- 1 clove garlic, finely chopped
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Directions

Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and sauté for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately. Serves 6.

Nutritional Information

Per Serving (about 3/4 cup)

Calories: 54 | Fat: 2g | Sat Fat: <1g | Monounsat Fat: 1g | Sodium: 202mg |
Carbs 7g | Fiber: 2g | Protein: 2g | Cholesterol: 0mg