

Green Bean Stir Fry with Corn

Forget steaming – this stir fry gives green beans a kick of flavor!

In the winter months, try using frozen green beans and corn instead of fresh.

Makes: 6 servings

Source: MyPlate.gov



Small Changes,
BIG Difference!

Ingredients

- 2 tablespoons vegetable oil
- 2 finely chopped garlic cloves
- 1 seeded and finely chopped jalapeño
- 4 cups chopped green beans
- 1 cup corn kernels
- 2 tablespoons chopped scallions (green onions), or add more to taste
- 1 cup chopped cilantro
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey

Directions

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeño and cook for 1 minute. Stir constantly.
3. Add green beans, corn, and scallions. Mix well. Cook until green beans are soft, about 4-5 minutes. Stir often. Add water if needed to prevent sticking.
4. Reduce heat to medium and add cilantro, soy sauce, and honey. Stir well. Cook for 1 more minute.
5. Serve and enjoy! Refrigerate leftovers.



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	90
Total Fat:	5g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	200 mg
Total Carbohydrates:	11 g
Dietary Fiber:	2 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein:	3 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups

SHOPPING LIST

Average total cost without oil and seasonings: \$10.27

Average cost/serving: \$1.71

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Jalapeño pepper



Add 1 to cart
Cilantro



Add 1 to cart
Fresh corn



Add 1 to cart
Green onion



Add 1 to cart
Green Beans



Add 1 to cart
Honey



Add 1 to cart
soy sauce (low-sodium)



Add 1 to cart
Garlic

SAVE TIME, SAVE MONEY

My Cooking Notes