



# JAPANESE-STYLE GREEN BEANS

SERVINGS: 50 CALORIES: 69 KCAL

This delicious Japanese Style Green Bean recipe will have students experiencing a flavors from a different culture. Sauteed green beans tossed with sesame oil and soy sauce creates a savory vegetable side dish.

## INGREDIENTS

1/2 cup 2 tablespoons Oil, canola  
 1/3 cup Oil, sesame  
 10 pounds Beans, green, fresh  
 Washed  
 1/2 cup 2 tablespoons Sauce, soy,  
 low-sodium  
 1/2 cup 2 tablespoons Seeds,  
 sesame

## INSTRUCTIONS

1. Warm a large skillet or skillets over medium-high heat. When the skillets are hot, pour in canola and sesame oils, then place the whole green beans in the skillets. Stir the beans to coat with oil. Partially cover skillets with lids. Cook until the beans are bright green and slightly browned in spots, then reduce heat to medium.
2. Cook for another 2-3 minutes. Remove from heat and stir in soy sauce; cover and let sit for 2-3 minutes. Sprinkle with sesame seeds and serve immediately.

## RECIPE NOTES

Hold at 140° F or higher.

**Crediting: 1/2 cup= 1/2 cup other vegetables.**

## NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 69 kcal | Fat: 4.8 g | Saturated fat: 0.5 g | Sodium: 132 mg | Carbohydrates: 6.3 g | Fiber: 2.8 g | Protein: 1.6 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*