

SPICY SESAME GREEN BEANS

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 110

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 170 mg

Total Carbohydrate: 10 g

Dietary Fiber: 3 g

Total Sugars: 5 g

Added Sugars: 0 g

Protein: 3 g

PREP TIME: 5 min



Ingredients

- 1 Tablespoon sesame oil
- 1 teaspoon lite soy sauce
- 1 teaspoon balsamic vinegar
- 1 teaspoon Sriracha®
- ¼ teaspoon ground ginger
- 1 clove garlic, minced
- 8 ounces green beans, ends trimmed
- ½ teaspoon sesame seeds



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Directions

1. In a small bowl, whisk sesame oil, soy sauce, balsamic vinegar, Sriracha®, ground ginger and minced garlic.
2. In a medium bowl, combine the green beans with the sauce. Toss to coat.
3. Place green beans in the air fryer, spreading into a single layer. Cook at 380 degrees for 6-8 minutes, shaking or turning green beans halfway through.
4. Sprinkle with sesame seeds before serving.