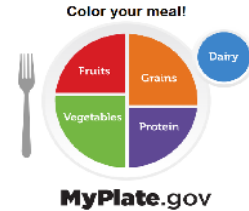




SPICY GREEN BEANS



Ingredients:

- | | |
|--|---------------------------------|
| 1/2lb Green Beans, ends trimmed | 2+ cloves Garlic, minced |
| 1 tsp Ginger, grated | 1 tsp Soy Sauce |
| 2 tsp Red Pepper Flakes | 1 tsp Lemon Juice |
| 1 tsp Vegetable Oil | |

Directions:

1. Blanch green beans in boiling water for 45 seconds. Drain water.
2. Add green beans to heated oil in sauté pan and let sit undisturbed for 30-45 seconds.
3. Add garlic, ginger, red pepper flakes, soy sauce, and lemon juice to pan. Let bubble and reduce until slightly thickened. Serve immediately.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

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Food Bank Council of Michigan
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 Operado por el Food Bank Council of Michigan
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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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