

# Sweet and Spicy Green Beans

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## **Servings: 4**

*1 package (12 ounce) fresh green beans, trimmed  
3 tablespoons soy sauce  
1 clove garlic, minced  
1 1/2 teaspoons chili-garlic sauce  
1 1/2 teaspoons honey  
2 teaspoons canola oil  
sliced toasted almonds (for garnish)*

## **Preparation Time: 10 minutes**

Place the green beans in a steamer basket set in a large skillet over boiling water. Steam for 3 to 4 minutes. Remove the basket. Drain the skillet.

Meanwhile, in a bowl, stir together the soy sauce, garlic, chili-garlic sauce and honey.

In a skillet over medium heat, heat the oil. Add the green beans. Cook until crisp-tender, 3 to 5 minutes. Stir in the soy sauce mixture. Continue cooking, stirring, until the liquid is nearly evaporated, about 2 minutes.

Garnish with almonds.

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Per Serving (excluding unknown items): 36 Calories; 2g Fat (54.3% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 772mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.