



# Spicy Green Beans

Servings: 0 servings

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## Ingredients

- 2 tsp. Olive Oil
- 3 Medium Garlic Cloves, minced
- 1/2 tsp. red pepper flakes
- 1 pound green beans, stemmed
- 2 Tbs. low-fat, low-carb, sugar free sesame ginger dressing, such as Walden Farms Sesame Ginger Dressing.

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## Directions

Heat the oil in a skillet over medium-high heat. Add the garlic and red pepper flakes, cook for one minutes.

Add the green beans, toss and stir over the heat until the green beans are a little wilted, with dark brown spots, about 4 minutes. Pour in the dressing, stir for 10 seconds until green beans are coated and glazed.

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