

## Green Bean Stir Fry with Corn

*Just Say Yes* to Fruits and Vegetables

*Forget steaming - this stir fry gives green beans a kick of flavor!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Green Bean Stir Fry with Corn

Serves 6 • Serving: ½ cup



*In the winter months, try using frozen green beans and corn instead of fresh.*

### Ingredients:

- 2 tablespoons vegetable oil
- 2 finely chopped garlic cloves
- 1 seeded and finely chopped jalapeño
- 4 cups chopped green beans
- 1 cup corn kernels
- 2 tablespoons chopped scallions (green onions), or add more to taste
- 1 cup chopped cilantro
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey

### Directions:

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeño and cook for 1 minute. Stir constantly.
3. Add green beans, corn, and scallions. Mix well. Cook until green beans are soft, about 4-5 minutes. Stir often. Add water if needed to prevent sticking.
4. Reduce heat to medium and add cilantro, soy sauce, and honey. Stir well. Cook for 1 more minute.
5. Serve and enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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