

# GREEN BEAN AND CORN STIR-FRY

🍴 6 SERVINGS ⌚ 15 MINUTES

## INGREDIENTS

- |   |                               |   |                                  |
|---|-------------------------------|---|----------------------------------|
| 2 | tablespoons olive oil         | 1 | cup chopped cilantro             |
| 2 | garlic cloves, minced         | 2 | tablespoons low-sodium soy sauce |
| 1 | jalapeño, seeded and minced   | 1 | teaspoon honey                   |
| 4 | cups chopped green beans      |   |                                  |
| 1 | cup corn, fresh or frozen     |   |                                  |
| 2 | tablespoons chopped scallions |   |                                  |

## DIRECTIONS

1. Heat oil in a large pan over medium-high heat. Add garlic and jalapeño and cook 1 minute.
2. Add green beans and corn. Cook until green beans are soft, about 6 to 8 minutes. Stir often.
3. Add soy sauce and honey. Stir well and cook 1 minute more.
4. Top with scallion and cilantro. Serve and enjoy!

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## QUICK TIPS

- Frozen produce is a great option when certain fruits and vegetables are not in season.
- Trim the hard ends of green beans before eating.
- No need to add salt to this recipe — there is enough sodium in the soy sauce.

**TAG YOUR RECIPES!**



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