

Green Bean and Meatball Stir fry

Yields: 6 servings | Serving Size: 2 cups | Calories: 226 | Points Plus: 6 | Total Fat: 14 g | Saturated Fat: 3 g | Trans Fat: 0 g | Sodium: 332 mg | Cholesterol: 96 mg | Carbohydrates: 9 g | Fiber: 1 g | Sugars: 3 g | Protein: 16 g |

Ingredients

For the sauce

- 2 tablespoons sesame oil or olive oil
- 1 teaspoon minced garlic
- 1 tablespoon plus one teaspoon peeled and minced ginger root (about 1-1/2 inches ginger root)
- 1/8 teaspoon ground black pepper
- 1 tablespoon honey
- 1 tablespoon lite (low sodium) soy sauce, optional Tamari
- 1 tablespoon mirin, balsamic, or red wine vinegar
- 2 tablespoons water
- For garnish
- 3 tablespoons toasted sesame seeds
- 1/4 cup sliced scallions(greens, white bottoms reserved for meatballs)
- For the meatballs
- 1 pound lean ground chicken
- 3 tablespoons scallion whites
- 1 egg
- 1/4 cup whole wheat breadcrumbs or panko
- 1/4 teaspoon pepper
- 1 tablespoon lite soy sauce

Directions

Bring a salted pot of water to a boil on the stovetop. Add the green beans to the boiling water and blanch for about 5 minutes, until bright green and slightly tender. Drain.

Combine all ingredients for meatballs in a medium bowl, first stirring and then using hands to blend. Form meat mixture into 16 to 20 small balls.

In a sauté pan over medium high heat, add one tablespoon of olive oil and add the meatballs. Cook for about 8 minutes, or until browned on all sides and cooked through.

Meanwhile, whisk together all of the ingredients for the sauce until well-combined. Add in the green beans and the sauce and cook for 5 minutes. Remove from heat and sprinkle with the sesame seeds and scallions and serve. Enjoy!

Recipe cred: www.skinnyms.com

