

Seasoned Bean Sprouts

This easy salad is one of the most popular side dishes in Korean homes and restaurants. It's perfect with grilled meats or on top of rice dishes.

Makes: 6 Servings
 Prep Time: 5 minutes
 Cook Time: 10 minutes

Source: eatfresh.org

Ingredients

- 2 cloves Garlic, minced
- 2 teaspoons Toasted Sesame Oil
- 1 teaspoon Soy Sauce
- 1 teaspoon Toasted Sesame Seeds
- 1/4 teaspoon Red Chile Flakes (optional)
- 1 pound Soybeans, rinsed and drained
- 1 pound Bean Sprouts, rinsed and drained
- 1/2 teaspoon Salt
- 2 Green Onions, sliced thinly or 2 Scallions, sliced thinly

Directions

1. In a medium mixing bowl, stir together the dressing ingredients. Set aside for flavors to meld.
2. Meanwhile, wilt the sprouts: Toss bean sprouts with salt and spread them on a large plate. Drizzle with a little water. Microwave until softened, about 5 minutes for soy bean sprouts or 2 minutes for mung bean sprouts. Stir once or twice during cooking.
3. While the sprouts are still warm, combine them with the dressing and green onions. Toss gently.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	44
Total Fat:	1.9g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	234mg
Total Carbohydrates:	5.7g
Dietary Fiber:	1.7g
Total Sugars:	2.2g
Protein	2.7g

Utensils Needed

- Medium bowl
- Cutting board
- Spatula or spoon
- Sharp knife
- Measuring spoons
- Large plate
- Large plate
- Microwave



SHOPPING LIST

Average total cost without oil and seasonings: \$7.97

Average cost/serving: \$1.32

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Garlic cloves



Add 1 to Cart
Sesame seeds



Add 1 to Cart
Green onions



Add 1 to Cart
Bean sprouts

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Look for soy bean sprouts in Asian markets. They have larger, darker seeds and a nuttier flavor than mung bean sprouts.
- In place of bean sprouts, use broccoli slaw mix.

Similar Recipes

- Five Happiness Fried Noodles
- Pad Thai

