



Faux-Fried Green Beans



1/2 of recipe (about 2 cups beans with 2 1/2 tbsp. sauce): 214 calories, 7g total fat (1g sat. fat), 792mg sodium, 28.5g carbs, 5g fiber, 7.5g sugars, 9.5g protein

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Prep: 15 minutes **Cook:** 10 minutes



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Ingredients

Green Beans

12 oz. (about 4 cups) fresh green beans, trimmed
1 tbsp. all-purpose flour
1/4 cup plain bread crumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1/4 cup (about 2 large) egg whites or liquid egg substitute

Dip

3 tbsp. light mayonnaise
1 tbsp. plain fat-free Greek yogurt
1 1/2 tsp. ranch seasoning dip/dressing mix
1/4 tsp. wasabi paste
1 dash cayenne pepper
2 tbsp. peeled and finely chopped cucumber

Directions

Place green beans in a large sealable bag or container. Add flour. Seal and shake to coat.

Transfer green beans to a wide bowl.

Place breadcrumbs and seasonings in the (empty) sealable bag/container. Seal and shake to mix.

Pour egg whites/substitute over green beans. Using kitchen tongs, toss to coat. Transfer green beans to the bag/container of seasoned bread crumbs. Seal and shake to coat.

Spray an air fryer with non-aerosol nonstick spray. Place green beans in the air fryer, and spray with nonstick spray.

Set air fryer to 380°F. Cook until tender on the inside and lightly browned and crispy on the outside, about 10 minutes.

Meanwhile, in a small bowl, combine all dip ingredients except cucumber. Mix until uniform. Stir in cucumber.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until tender on the inside and lightly browned and crispy on the outside, 15–20 minutes, flipping halfway through.

HG Tip: If you're not a fan of spicy food, skip the wasabi paste in the dip.

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