

STIR-FRIED GREEN BEANS WITH COCONUT

Yield: 4 Portions

Ingredients	Amounts
Canola oil	3 Tbsp.
Yellow split peas	2 tsp.
Mustard seeds (optional)	1 tsp.
Black gram beans, hulled (urad dal; optional)	1 tsp.
Red chiles, dried, whole	3 ea.
Curry leaves (or 12 frozen leaves), torn into pieces (optional)	8 ea.
Cumin seeds	1 tsp.
Asafetida	½ tsp.
Coconut, unsweetened, shredded	½ cup
Green beans, ends trimmed cut on an angle into 1" piece	¾ lb.
Salt	1 tsp. or as needed
Curry powder	½ tsp.
Water	1 cup

Method

1. Combine the oil, yellow split peas, and mustard seeds, if using, in a large wok (*kadai*) or frying pan over medium-high heat.
2. Cook, stirring, until split peas turn golden brown, 1 to 2 minutes. Cover if using mustard seeds – they pop and splatter – and cook until you hear them crackle.
3. Add the urad dal, chiles, curry leaves, if using, and cumin and cook uncovered, stirring, 1 more minute. (Stand back if using curry leaves, they spit when they hit the oil.)
4. Add the asafetida, and ¼ cup of the coconut and cook, stirring, 30 seconds. Add the green beans and salt and cook, stirring, 5 minutes.
5. Add the remaining ¼ cup of coconut, the curry powder, and the water.
6. Bring to a simmer, cover, and cook until the beans are tender, about 10 minutes.
7. Uncover and cook, stirring often, until all of the water has evaporated, about 5 minutes. Taste for salt, adjust as necessary, and serve hot.

Nutrition Information (per portion/serving)

Calories: 210 / Protein: 3 g / Carbohydrate: 12 g / Fiber: 6 g / Carbohydrate to fiber ratio: 2
Saturated fat: 6.5 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 7 g
Trans fat: 0 g / Sodium: 495 mg / Potassium: 360 mg / Added sugar: 0 g

Source: Suvir Saran, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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