



Weight Loss Done Right!

Bean Sprouts

Ingredients:

- Bean sprouts
- Soy sauce
- Chili powder
- Garlic, fresh or powder
- Sesame seeds

Directions:

1. Bring a large pot or sauté pan of lightly salted water to a boil.
2. Add the bean sprouts and cook uncovered until tender yet still crisp...about 15 seconds
3. Whisk soy sauce, chili powder, garlic and sesame seeds together in a large bowl.
4. Stir in the bean sprouts. Toss until well coated with the sauce.