

Bean Sprouts



HOW DO THEY TASTE?

Bean sprouts have a mildly sweet, nutty flavor with a crunchy texture.

HOW DO I PICK THEM?

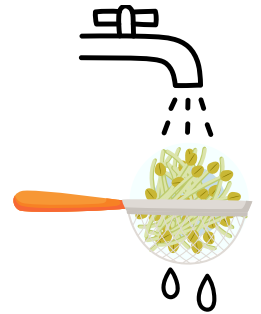
When picking bean sprouts, choose crisp-looking sprouts and avoid any that look wilted or smell musty. Bean sprouts are available year-round.

HOW DO I STORE THEM?

Store the bean sprouts in their original package until ready to use. Avoid washing them until ready to use.

HOW DO I PREPARE THEM?

1. Remove the bean sprouts from the original packaging.
2. Rinse the bean sprouts thoroughly.
3. Use immediately once removed from packaging.



WHAT SHOULD I DO WITH THEM?

Bean sprouts can be used raw or sautéed in a variety of dishes. They can be added as a crunchy topping to soups, rice bowls, and salads.



Pad Thai

Ingredients

- 3 tbsp brown sugar, lightly packed
- 3 tbsp water
- 3 tbsp apple cider vinegar
- ½ tbsp fish sauce (optional)
- 1 tbsp low-sodium soy sauce
- 1 tbsp vegetable oil
- 3 cloves garlic, roughly chopped
- 1 large shallot, diced
- 1 cup daikon radish, finely diced
- 1 tsp crushed red pepper
- 2 eggs
- 2 cups bean sprouts, loosely packed
- 10 stalks chives, chopped
- ¼ cup unsalted roasted peanuts, roughly chopped (optional)
- 1 tbsp lime juice
- 1 (14 ounce) box brown rice noodles

Directions

1. In a saucepan over medium heat, add sugar, water, vinegar, fish sauce, and soy sauce. Bring to a simmer, then turn off heat and let stand.
2. Cook rice noodles according to package directions.
3. While noodles are cooking, heat oil in a medium sauté pan over medium heat. Add garlic, shallot, radish, and crushed red pepper. Cook until fragrant and golden, about 5 minutes.
4. Cut cooked rice noodles in half using scissors, and add them to sauté pan with brown sugar sauce. Toss until well-combined.
5. Push noodles to one side of pan, and add eggs to empty side of pan. Scramble until cooked, then mix in noodles.
6. Add bean sprouts, chives, peanuts, and lime juice, and toss well. Serve and enjoy hot.

For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.

Community Nutrition Education RI

RISNPEd

URI Nutrition

URI_Nutrition_Ed



KITCHEN TIP!

Some people, including older adults, those who are pregnant, and people with weakened immune systems, may want to avoid eating bean sprouts. Bean sprouts can sometimes have harmful bacteria on them, including E. coli and Salmonella.