



Sesame Garlic Green Beans



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Recipe provided by Chris Flood, Bronson nutrition educator. Adapted from the Michigan Nutrition Network.

Serves 8

Ingredients

- 4 very large handfuls of green beans, washed and trimmed
- 3 medium cloves of fresh garlic, crushed or minced
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons oil (olive, avocado or vegetable)
- 1 tablespoon dark (toasted) sesame oil
- ¼-½ teaspoon red pepper flakes
- Optional: 1-2 teaspoons toasted sesame seeds

Directions

1. Bring a large pot of water to a boil. Add the green beans and cook until just tender. They should still be bright green in color.
2. While the beans are cooking make the dressing. In a small bowl whisk together the soy sauce, oil, garlic and red pepper flakes.
3. Drain the beans and immediately rinse them with cold water until cool. Drain well, then pat dry to remove excess water.
4. In a large bowl, combine the cooled green beans and the dressing. Chill or let sit at room temperature (tossing occasionally) for at least an hour and no more than a day to let the flavors blend.
5. Just before serving, stir in the sesame seeds, as desired.
6. Serve cold or at room temperature. Will keep 5 days in the refrigerator.

Fresh Tip

Green beans should be firm, thin and slender without blemishes. When broken they should snap. Store them in the refrigerator.

Prep Tip

To toast sesame seeds, place them in a dry pan, over medium heat, until they begin to turn gold and fragrant. It only takes a few minutes!

Nutrition Information (per ½ cup serving)

74 calories, 5g fat, 1g saturated fat, 6g carbohydrate, 2g protein, 2g fiber, 289mg sodium