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Sesame Green Beans

Recipe From: Liz Barbour

Serves 6

1 1/2 pounds green beans, washed and trimmed (good quality frozen beans may be used, thaw and skip step #1 in recipe)

2 Tbs canola oil

2 tsp dark sesame oil

1Tbs soy sauce

1 tsp fresh rosemary, chopped

1 large red onion, sliced

2 cloves of garlic minced

1/4 teaspoon crushed red pepper flakes

2 Tbs sesame seeds

Coarse salt

Optional: 1 15 ounce can black beans, drained and rinsed.

1. Cook green beans covered in 1/2-inch boiling water for 2 minutes, they will have a bite to them. Transfer beans to a colander and run under cold water to stop the cooking. Drain well and set aside.
2. Heat a large sauté pan with 2 Tbs canola oil and onion over medium heat. Cook the onion for 5 minutes or until they begin to soften.
3. Add the garlic and the rosemary and continue to cook another 2 minutes.
4. Add the cooked green beans (and optional black beans) into the pan with the sesame oil, soy sauce, and the crushed red pepper and sauté until beans are heated through. Add sesame seeds and kosher salt to taste. Serve hot or at room temperature.