

Sesame Green Beans

6 - 8 Servings

Amount	Size	Description
1 ½	Lbs	Green Beans
2	Tea	Olive oil
2	Tea	Dark Sesame Oil
½	Tea	Crushed Red Pepper
1	Tbl	Sesame Seeds
2	Tea	Soy Sauce

1. Bring water to boil and add beans for 3 minutes. Take beans out and place in ice bath to stop cooking process.
2. Heat Skillet and add oils.
3. Add green beans and pepper. Fry for 2 minutes
4. Add sesame seeds and soy sauce. Toss to coat.

