

Sesame Green Bean Salad

1 lb. fresh green beans, trimmed
1 T. reduced-sodium soy sauce
2 tsps. canola oil
1 tsp. sugar
1 tsp. cider vinegar
1 tsp. sesame oil
¼ tsp. salt
2 tsps. sesame seeds, toasted

Place the beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8 – 10 minutes or until crisp-tender. Drain and rinse in cold water; pat dry. Place in a serving bowl.



In a small bowl, whisk the soy sauce, canola oil, sugar, vinegar, sesame oil and salt. Pour over beans and toss to coat. Sprinkle with sesame seeds; toss again. Serve at room temperature.