



Chinese Green Bean Salad

From Jane Brody's Good Food Book

Serves 6

1 lb green beans, trimmed and cut into 2" lengths
2 tablespoons sesame seeds, lightly toasted

Dressing:

1 tablespoon finely minced fresh ginger
1 teaspoon finely minced garlic
1 tablespoon salad oil
1 tablespoon mild vinegar (such as rice vinegar)
1 teaspoon Oriental sesame oil
1 to 2 teaspoons reduced-sodium soy sauce, to taste
¼ teaspoon sugar
1/8 teaspoon freshly ground pepper

1. Steam beans over boiling water for 4 to 5 minutes, or blanch in boiling water for 2 to 3 minutes. Beans should be crunchy but not hard. Cool beans immediately in cold water to stop the cooking. Transfer to serving bowl.
2. Combine dressing ingredients in a small bowl. Pour over beans and toss to coat well. Chill before serving.
3. Just before serving, stir in toasted seeds. To toast sesame seeds, place in a dry skillet and stir or shake over moderately low heat until lightly browned.

Nutrition Information:

Calories: 71	Total fat: 5g
Saturated fat: 0.5g	Carbohydrates: 7g
Dietary Fiber: 3g	Protein: 2g
Sodium: 55mg	