
Sesame Green Beans

Marilyn S Winn - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 1/2 pounds green beans, cut into 1-1/2-inch pieces

2 teaspoons sesame seeds

1 medium clove garlic, chopped

2 tablespoons butter or margarine

2 tablespoons soy sauce

In a saucepan, bring the green beans and one inch of salted water to boiling. Reduce the heat. Simmer, uncovered, for 5 minutes. Cover and simmer until crisp-tender, 10 minutes. Drain.

In a one-quart saucepan over medium heat, cook and stir the sesame seeds and garlic until the seeds are light brown, 5 minutes.

Add the butter and soy sauce. Heat until the butter is melted, stirring occasionally. Toss with the green beans.

Side Dishes

Per Serving (excluding unknown items): 447 Calories; 27g Fat (49.0% calories from fat); 14g Protein; 48g Carbohydrate; 21g Dietary Fiber; 62mg Cholesterol; 2329mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 5 Fat.