

Side Dish

Sesame Green Beans

Taste Of Home - June/July 2011

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

Bake Time: 20 minutes

1 pound fresh green beans
1 sweet red pepper, sliced
1 tablespoon sesame seeds
1 tablespoon rice vinegar
1 tablespoon sesame oil
1 tablespoon soy sauce
salt and pepper (to taste)

Preheat oven to 425 degrees.

In a bowl, combine the sesame seeds, rice vinegar, sesame oil, soy sauce, salt and pepper.

Coat the green beans and red pepper in the mixture.

Place on a greased baking sheet.

Bake for 20 minutes or until tender.

Per Serving (excluding unknown items): 36 Calories; 3g Fat (72.4% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 172mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.