



## Sesame Green Bean Sauté



1-pound fresh green beans,  
washed

2 Tbsp. canola or peanut oil

1 clove garlic, peeled, and  
finely minced

1 tsp. ginger root, finely  
minced

1 tsp. toasted sesame seed  
oil

½ tsp. salt

### Directions

1. Wash hands with soap and water. Heat canola oil in a wok or skillet. Add garlic and ginger and stir for 30 seconds.
2. Add green beans, and stir-fry over high heat for 3 to 4 minutes.
3. Add the sesame oil and salt; toss until beans are coated.  
Enjoy! **Yield:** 6-1/2 cup Servings

**Nutrition Facts** (per ½ cup serving): 70 calories, 5 grams fat, 200 milligrams sodium, 6 grams carbohydrate, 3 grams fiber, 1-gram protein

Find this recipe and more on [University of Illinois Extension's Turkey for the Holidays website](#).

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