Sesame Green Beans

Serves: 6 half-cup servings
Cook time: 3-4 minutes
Ready in 10 minutes

Ingredients
- 2 Tbsp. peanut or canola oil
- 1 clove garlic, peeled and finely minced
- 1 tsp. finely minced gingerroot
- 1 pound fresh green beans, washed and trimmed, leave uncut
- 1 tsp. toasted sesame oil
- ½ tsp. salt

Directions
1. Have all ingredients ready. Heat the oil in a wok or fry pan.
2. Add garlic and ginger, and stir-fry for about 30 seconds.
3. Add the green beans, and stir-fry over high heat for 3-4 minutes. (If your family prefers the green beans to be cooked longer, then reduce heat and cover until desired degree of tenderness, adding a small amount of water if needed).
4. Add the sesame oil and salt; toss until the green beans are coated

Note: I like to add 2 Tbsp of sesame seeds to give it an added texture.