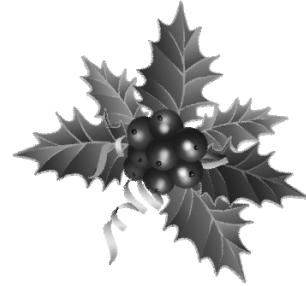


Sesame Green Beans

A slight twist to the ordinary, but delicious and easy to make!

1 Tbsp. olive oil
2 Tbsp. sesame seeds
2 lb. fresh green beans, cut into 2 inch diagonal pieces
1/2 c. low-sodium chicken broth
1/2 tsp. salt (*omit to lower the sodium level*)
Freshly ground black pepper to taste



1. Heat oil in a large skillet or wok over medium heat. Add sesame seeds, stirring constantly to avoid burning seeds.
2. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.
3. Pour in chicken broth, salt and pepper.
4. Cover and cook until beans are tender-crisp, about 10 minutes.
5. Uncover and cook until liquid evaporates.

Yield: 8 servings

Nutritional Information: Per serving:

Calories: 79
Total Fat: 2.5 g
Cholesterol: 0 mg
Carbohydrates: 8.7 g
Fiber: 4.1 g
Protein: 2.5 g
Sodium: 171 mg