

HONEY GARLIC GREEN BEANS

This sweet and spicy sauce is a wonderful complement to the crisp freshness of green beans.

INGREDIENTS

2 tablespoons honey

1 tablespoon reduced-sodium soy sauce

2 cloves of garlic, minced

1 tablespoon lemon juice

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon crushed red pepper

1/2 tablespoon olive oil

1 pound fresh green beans, trimmed
sesame seeds

DIRECTIONS

- Whisk together the first seven ingredients (in left column above) and set aside.
- Bring a pot of water to boil. Add beans and cook for 2-3 minutes.
- Remove beans and immediately drop into ice water. Drain and pat dry.
- Heat olive oil in a pan over high heat and add green beans; cook for 2-3 minutes until slightly blistered.
- Add sauce; stir until beans are coated and sauce evaporates slightly, approximately 2-3 minutes.
- Remove from heat, sprinkle with a few sesame seeds, and enjoy!

