



# ! JAPAN

## Goma-Ae Green Beans

Serving Size: 1 Cup Green Beans; Calories 110; Carbohydrates: 17g; Total Fat 3.6g; Sugars 10.6g; Dietary Fiber 4g; Protein 4g

### Ingredients:

- 4 cups fresh green beans
- 3 tablespoons sesame seeds
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1 pinch salt

### Equipment Needed:

- Frying pan
- Large mixing bowl
- Large pot
- Colander

Prep Time

15 min

Total Time

15 min

Servings

4



### Instructions:



1. Dry roast the sesame seeds in a frying pan for a few minutes. Gently jiggle the pan to ensure they do not burn.



2. In a large bowl, mix together sesame seeds, soy sauce, sugar, and salt.

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## Instructions Continued:



3. Trim the ends of the green beans and then cut if they are too long.



4. Cook green beans by boiling until desired tenderness is reached.



5. Drain green beans and briefly place them under running water so they stay green.



6. While the green beans are still warm, toss them in the sesame dressing and serve.



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