

Green Beans 5 Ways



Yields: 6 servings

Ingredients:

- 2 Tbsps. olive oil
- 2 cans (14.5oz.ea.) Cut Green Beans, well drained
- 1 Tbsp. Toasted sesame seeds
- 2 tsps. less sodium soy sauce
- Salt and black pepper, optional

Instructions:

1. Heat oil in a large non-tick skillet over medium heat; add beans and cook 3 to 4 minutes or until lightly browned, stirring occasionally.
2. Remove from heat; stir in soy sauce and sesame seeds. Season lightly with salt and pepper, if desired.

VARIATIONS: Prepare recipe as directed, except:

1. For Lemon Dill Green Beans, stir in 4 tsp. chopped fresh dill or 1 1/4 tsp. dried dill and 1 tsp. grated lemon zest instead of sesame seeds and soy sauce in Step 2.
2. For Parmesan Herb Green Beans, stir in 1/2 tsp. dried oregano instead of soy sauce and sesame seeds in Step 2. Top with 3 Tbsp. grated Parmesan cheese.
3. For Green Beans with Tomatoes & Chilies, stir in 1 can (14.5 oz.) Diced Tomatoes with Zesty Mild Green Chilies, drained, instead of soy sauce and sesame seeds in Step 2. Top with 1/2 cup shredded Monterey Jack cheese or Cheddar cheese and 2 Tbsp. chopped fresh cilantro, if desired.