

## Beans W/Ginger Vinaigrette

-Beans, green beans, or snap peas (about 4 cups (2 big handfuls))  
-Salt (1/2 tsp)  
-Toasted sesame seeds (1 Tbsp)

### **\* Dressing \***

-Fresh ginger, grated (1Tbsp)  
-Rice or apple vinegar (2 Tbsp)  
-Sesame oil (2 Tbsp)  
-Honey or sugar (1 - 1.5 tsp)  
-Salt or soy sauce (to taste)

1. Wash off the beans and cut off any unwanted ends. If you don't have sesame oil, you could use vegetable or grape seed instead.
2. Prepare to steam the beans by adding a little water (about 3-4 Tbs) to the bottom of a medium pot. Bring to a boil.
3. Add beans to the pot and sprinkle with 1/2 tsp or so of salt. Cover with lid and steam on medium-low for 4-5 minutes until just cooked
4. Don't over steam because you want some crispness in the texture!
5. Drain cooked beans and immediately rinse with cold water or chill in an ice water bath until cooled down. Cut into thirds or fourths depending on size.
6. Set aside while you make the dressing. For the dressing, cut off a thumb-sized chunk of ginger.
7. Peel off skin and grate. Mix grated ginger with 2 Tbsp of oil, 2 Tbsp of vinegar and 1 tsp of honey/sugar. Mix well until honey/sugar dissolves.
8. Add a bit of salt (or soy sauce) to taste. If it's too vinegar-y, add more honey. In a bowl, pour dressing over green beans and toss until evenly coated.
9. Let rest in refrigerator for at least 30 minutes to let the flavor soak in (stir occasionally). You can also let marinade for a couple hours!
10. Toasted sesame seeds are excellent with the ginger dressing, so sprinkle liberally over the salad. If you have raw sesame seeds, you can toast them easily by heating in a DRY pot or frying pan for a few minutes, until they start to smell good.

Nutrition Facts: 242 Calories, 38g Carbs, 10g Fat, 8g Protein, 1,165mg Sodium, 20g Sugar