

GET LOCAL

SESAME BEANS provided by Good Earth Market Deli

INGREDIENTS:

- 5 lbs of fresh trimmed green beans, frozen will work
- 2 TBL toasted Sesame oil
- ½ TBL chopped garlic
- ¼ cup toasted sesame seeds
- 1 TBL chopped ginger

METHOD

1. Steam the green beans for approximately 3 minutes.
2. Cool in cold water bath, drain well
3. Mix with other ingredients
4. Serve cold with as a salad or warm up for a side dish

You don't have to wait for or hope we will publish your favorite recipe. We are happy to share our Deli recipes with members in good standing. If you want a particular recipe stop by the Deli and fill out a request form. We will process your request and promptly mail the recipe to you.



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