

Sesame Green Beans and Carrots

Serves: 4

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients:

- 6 tablespoons vegetable stock or water
- 1 large carrot, halved lengthwise and sliced thin on a diagonal
- ½ pound green beans, sliced on a diagonal to match carrots
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon toasted sesame seeds

Directions:

1. Add the stock to a stir-fry pan and heat to boiling over high heat. Add the carrot and beans. Cover the pan and cook for 3 to 5 minutes, stirring occasionally, until the vegetables are just tender and the liquid has just about cooked away.
2. Add the soy sauce and oil to the vegetables and toss to coat them thoroughly. Add the sesame seeds and toss again. Serve as a side dish.

