

Szechwan Green Beans

From – From Asparagus to Zucchini

2 to 3 Tbsp sesame oil
2 lbs trimmed green beans
8 garlic cloves, minced
½ tsp salt
crushed red pepper to taste (optional)

- Place wok or heavy, deep skillet over medium-high heat.
- After a minute, add oil.
- After another minute, add green beans.
- Raise heat to high and stir-fry 5 minutes, until beans are well-seared.
- Add garlic, salt and optional red pepper.
- Stir-fry several more minutes, then remove from heat.
- Serve warm or at room temperature.



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