

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Vietnamese Spicy Green Beans
Makes 6 servings**

Ingredients:

1 ½ pounds fresh (or frozen) Green beans, ends trimmed
1 tablespoon oil
1 teaspoon sesame oil
1 tablespoon minced ginger
1 tablespoon minced garlic
½ teaspoon chili paste
1 pint cherry tomatoes
2 scallions
1 tablespoon soy sauce
2-3 tablespoons water or chicken broth
1 teaspoon sesame seeds

Directions:

- 1. Blanch the green beans in 2 quarts boiling water until al dente, about 5 minutes. Drain in a colander and cool under cold running water. Set aside.**
- 2. In a large saute pan, heat oil and sesame oil. Add tomatoes, scallions, garlic, ginger and stir-fry 2-3 minutes. Add green beans, soy sauce, and water. Cook to heat through. Place in serving platter. Sprinkle with sesame seeds.**