

Sesame Orange Yardlong Beans

2 T grapeseed oil

1 T ginger, minced

1 lb Chinese long beans, cut into 2" pieces

1 T sesame oil

2 T tamari

3 T ponzu sauce

1 T garlic-chili sauce

fresh squeezed orange juice to taste

orange zest to garnish

black & white sesame seeds to garnish

Heat grapeseed oil in a sauté pan over medium high heat. Add ginger, long beans and sesame oil and cook for one minute. Add tamari, ponzu sauce, garlic-chili sauce and orange juice and cook until the beans become tender. Remove from heat and finish with orange zest and sesame seeds.

