

# Spicy Yard Long Beans with Toasted Almonds

**1 lb yard long beans**  
**1/4 cup sliced almonds**  
**2 T coconut oil**  
**1 T ginger, freshly minced**  
**1 clove garlic, minced**  
**1 pinch red pepper flakes**  
**1 T toasted sesame oil**  
**salt and freshly cracked black pepper**

In a large pot of boiling water, blanch long beans for 2 minutes until slightly tender.

In a dry sauté pan on medium high heat, toast sliced almonds until fragrant and lightly browned.

In a large skillet over medium-high heat, add coconut oil. Add ginger and garlic for 1 minute before adding blanched long beans and sauté for 3 minutes. Add red pepper flakes, toasted sesame oil, salt and pepper to taste. Garnish with toasted sliced almonds to serve.

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN