

Miso-Sesame Green Beans

*Julie Miltenberger
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Servings: 8

*1 1/2 pounds green beans, trimmed
2 tablespoons unsalted butter
8 ounces sliced shiitake mushrooms
4 cloves garlic, sliced
1 tablespoon sesame oil
1/8 teaspoon salt
2 tablespoons white miso paste
2 tablespoons rice vinegar
2 tablespoons water
2 tablespoons toasted sesame seeds*

Preparation Time: 15 minutes

Cook Time: 10 minutes

Bring a large pot of salted water to a boil. Add the beans. Simmer 3 minutes until crisp-tender. Drain. Transfer to a bowl filled with ice water to cool.

Meanwhile, in a large saute' pan, melt the butter over medium-high heat. Add the mushrooms. Cook for 8 minutes, stirring every couple of minutes, until browned. Stir in the garlic, sesame oil and salt. Cook for 2 minutes.

In a small bowl, whisk the miso paste, vinegar and water. Pour into the skillet with the beans. Stir until warm. Stir in the sesame seeds.

Serve warm.

Per Serving (excluding unknown items): 78 Calories; 6g Fat (60.1% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.