

Stir-Fried Long Beans

Serves 2-3

Make this side dish spicy with the addition of a hot chili pepper or red pepper flakes. If substituting green beans for the long beans, shorten the steaming time. Green beans are tenderer than long beans and won't require as long to cook.

¾ lb long beans or green beans, trimmed and cut into 3-inch pieces
2 teaspoons vegetable oil
½ small shallot, minced
2 garlic cloves, minced
1 (1-inch) piece of ginger, minced
3 scallions, trimmed, white and green parts thinly sliced
½ cup less-sodium vegetable or chicken broth or water
2 teaspoons soy sauce
Pinch of sugar

Heat a wok over medium high heat. Add the vegetable oil when hot. Stir in the shallot, garlic, and ginger and cook for 30 seconds. Add the long beans and cook, tossing frequently, for 2 minutes. Stir in the scallions and add the vegetable broth, soy sauce, and sugar. Cover and steam the beans, shaking the wok occasionally, for 4 to 5 minutes until the long beans are tender. Serve.

This recipe came from *Minced* at www.mincedblog.com.