

Asian Green Bean Salad

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Trisha Kruse serves this with roast pork or grilled seafood, or adds hard-cooked eggs or tuna to make a lunch.

PREP AND COOK TIME: About 20 minutes

MAKES: 6 servings

2 pounds green beans, ends trimmed
1/4 cup rice vinegar
2 tablespoons toasted sesame oil
1 to 2 tablespoons soy sauce
1 tablespoon minced fresh ginger
2 teaspoons toasted sesame seeds
1 teaspoon minced garlic
1 teaspoon honey
1/2 cup thinly sliced red onion, rinsed and drained
1 1/2 cups fresh bean sprouts, rinsed

1. In a 6-quart pan over high heat, bring 3 quarts water to a boil. Add beans and cook until tender-crisp to bite, 3 to 5 minutes. Drain, immerse in ice water until cool, and drain again.
2. In a serving bowl, mix vinegar, sesame oil, soy sauce to taste, ginger, sesame seeds, garlic, and honey. Add green beans, onion, and bean sprouts and stir gently to coat. Serve at room temperature, or chill airtight up to 3 hours, and serve cold.

Per serving: 107 cal., 44% (47 cal.) from fat, 3.8 g protein; 5.2 g fat (0.7 g sat.); 14 g carbo (3 g fiber); 183 mg sodium; 0 mg chol.