

Roasted Green Beans With Sesame Seed Dressing

Serves 6

Sesame seeds made their way into the Southern kitchen with the slaves who were brought here from Africa. Often called benne seeds in the South, they were one of the many exotic ingredients brought to this country that we now take for granted. This recipe is from Tanya Holland's upcoming cookbook, "Brown Sugar Kitchen: Recipes and Stories from Everyone's Favorite Soul Food Restaurant" (Chronicle Books; September 2014).

3 garlic cloves, peeled and smashed

½ cup extra-virgin olive oil

2 tablespoons Champagne vinegar

2 tablespoons tahini

1 tablespoon sesame seeds

1 teaspoon red pepper flakes

1 pound green beans, trimmed

Coarse salt and freshly ground black pepper, to taste

Instructions: Preheat the oven to 450° and place a rack to the top position. Line a rimmed baking sheet with parchment

paper.

In a small bowl, stir together the garlic, oil, vinegar, tahini, sesame seeds and red pepper flakes. Add the green beans and toss until evenly coated. Season with salt and black pepper.

Spread the beans in a single layer on the prepared baking sheet. Roast, tossing occasionally, until tender and lightly browned, about 20 minutes. Serve immediately.

Per serving: 233 calories, 3 g protein, 7 g carbohydrate, 23 g fat (3 g saturated), 0 mg cholesterol, 6 mg sodium, 3 g fiber.