

QUICK GREEN BEANS

INGREDIENTS

Green Beans (ends cut off) (rinsed) (if giant then cut in half)
Tamari Sauce (low sodium)
Dill
Non-stick cooking spray
Garlic spray



COOKING INSTRUCTIONS

- 1 Spray a wok or a large saute pan with non-stick cooking spray & then garlic spray
- 2 Toss the green beans into your wok or pan & spray the tops with the garlic spray
- 3 Cook at a high heat for a few minutes & then toss the green beans
- 4 The goal is to get some 'black' stripes on the beans
- 5 Spray the beans with the Tamari sauce & then toss & cook for 2 minutes
- 6 Sprinkle dill over the beans & then toss so you get both sides of the beans
- 7 Cook for 1 more minute