

Elegant Chinese Long Beans or Green Beans

An easy, eye-catching salad or vegetable dish that you can make ahead.

- 1 lb. green beans**
- 1 Tbsp. canola oil**
- 1 clove garlic crushed**
- 1/2 cup white mushrooms, washed, halved or quartered, sliced thinly**
- 1/3 cup walnut pieces**
- 1/8 tsp. red pepper flakes**
- 1/2 tsp. toasted sesame oil**
- 1 Tbsp. tamari or to taste**

Tip: Keep the beans aligned vertically throughout the process of cooking and seasoning them.

Wash the beans, and cut off the tips of stem ends. In a medium skillet bring a couple of inches of water to boil. Transfer beans to the pan of boiling water, reduce heat and allow beans to simmer for a few minutes, until they are slightly tender and still bright green.

Drain the beans, and plunge them into a pan of cold water to maintain color. Drain the beans again, and set the cooled beans aside.

Warm canola oil in a small skillet. Raise the heat to medium, and add crushed garlic. Sauté the garlic until it begins to turn golden. Remove garlic and add mushrooms, walnut pieces, red pepper flakes, and tamari to the skillet. Saute and stir the mixture until the mushrooms are tender.

Pour mushroom mixture over the beans, gently blending it with the beans. Refrigerate the beans for a few hours or overnight. Just before serving taste the beans and add a little more tamari, if needed. Align the beans evenly on a platter or on individual plates with a few pieces of walnut or mushroom on top.

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