

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Roasted Ginger Sesame Green Beans

From [www.foodiewithfamily.com](http://www.foodiewithfamily.com)

1 pound fresh green beans, ends trimmed  
2 teaspoons coconut oil or light extra-virgin olive oil  
1 teaspoon toasted sesame oil  
1½ teaspoons grated fresh ginger root  
2 cloves garlic, peeled and minced  
¾ teaspoon kosher salt  
1 teaspoon toasted sesame seeds

1. Preheat oven to 450°F. If your oven can reach 500°F, preheat to that instead.
2. Toss the green beans, coconut or extra-virgin olive oil, sesame oil, fresh ginger root, garlic, and salt on a rimmed baking sheet until the oil, garlic, and ginger are evenly coating the green beans. Put into the hot pan and roast for 8 to 15 minutes, shaking every three minutes or so, until it reaches desired crispness. I prefer to pull the beans when they are still crisp tender, blistered on the outside and have scattered blackened areas. While the beans are still hot, sprinkle with toasted sesame seeds, toss to coat, and serve immediately.