



Catholic Health Initiatives

Imagine better health.®

Teriyaki Green Beans

Serves 4

Prep/cooking time:

Approximately 15 minutes

Ingredients:

- 1 lb. fresh green beans, cut into 1-inch pieces
- 2 cups fresh mushrooms, sliced
- 1 shallot, diced
- 3 tbsp. butter
- ¼ cup teriyaki sauce
- ½ tsp. sesame seeds



Tasty Entertaining

Directions:

Melt butter in a large skillet on medium-high heat. Add green beans, shallot and mushrooms. Cook about 4 - 5 minutes. Stir in garlic. Add teriyaki sauce and cook for an additional 5 minutes, until green beans reach preferred tenderness. Sprinkle with sesame seeds and serve!

Harvest of the Month

green beans