

GREEN BEAN, CUCUMBER + TOMATO SALAD

Fresh vegetables are tossed with a flavorful sauce in this quick to prepare side dish. Serve with a protein and steamed rice for a filling meal.

 20 minutes 30 minutes 6 portions

INGREDIENTS

- 1/4 cup coconut aminos
- 2 cloves garlic, smashed and chopped
- 2 tablespoons rice wine vinegar
- 2 tablespoons sesame oil
- 1 tablespoon brown sugar
- Juice from 2 limes
- 2 cups green beans, ends trimmed and halved
- 1 cucumber, halved and thinly sliced
- 1 cup fresh cherry tomatoes
- 1 small onion thinly sliced (soaked in ice water for 15 minutes if it's very strong)
- 1/4 cup fresh basil leaves
- 1 tablespoon sesame seeds

COOKING METHOD

- 1° For the sauce; combine the coconut aminos, garlic, rice wine vinegar, sesame oil, brown sugar, and lime juice. set aside so the flavors can meld together.
- 2° Bring a pot of water to a boil on the stove. Once the water is boiling, drop in the green beans, and cook for 2-3 minutes, or until they start to soften. Once they are soft, remove the beans and transfer them into a large bowl of ice water (this is called "blanching").
- 3° In a large bowl, toss the beans, cucumber, onions, and tomatoes with the reserved sauce. Garnish with basil and sesame seeds.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (161 g)	% DRI
ENERGY	60 kcal	97 kcal	5 %
FAT	3 g	6 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	242 mg	389 mg	16 %
CARBOHYDRATE	7 g	11 g	4 %
SUGARS	4 g	6 g	—
FIBER	1 g	2 g	8 %
PROTEIN	2 g	3 g	—