

STIR-FRY GREEN BEANS

3 cups Delaware Green Beans, trimmed
2 cloves Garlic, minced
2 tablespoons Ginger, grated
2 tablespoons Soy Sauce
2 tablespoons Peanut Oil
2 tablespoons Water

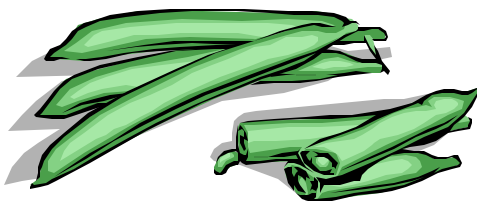
Heat oil in a wok or skillet. Add green beans, ginger and garlic. Stir fry for 2 minutes at high heat. Add soy sauce and water and cook covered for 3 - 5 more minutes until beans are done.

Makes 6 servings.

Vegetable Growers Association of Delaware

<http://www.recipesource.com/>

Eat Delaware Veggies!



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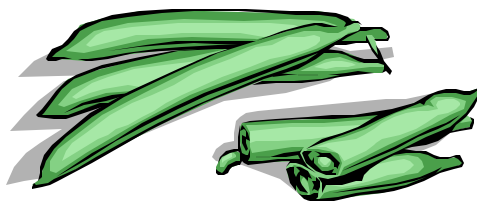
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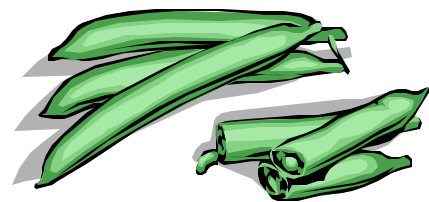
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