

GREEN BEANS DILL

INGREDIENTS

- 4 hands** Green Beans (snip off the ends)
- 2 T** Dill
- Tamari Sauce
- Garlic spray
- Non-stick cooking spray



DIRECTIONS

- 1** Place your green beans in a collander & spray them with water
- 2** Spray the non-stick cooking spray on the bottom & sides of a large saute pan or a wok
- 3** Then do the same with the garlic spray
- 4** Place the green beans in the pan & spray the tops of the green beans with the garlic spray
- 5** Cook at medium-high heat tossing the beans every few minutes
- 6** While waiting for the beans to get 'black marks', put your Tamari sauce in a plastic spray bottle
- 7** When you've got 'black marks' on the majority of the bean, sprinkle the dill & toss the beans
- 8** Spray the beans with a couple of 'spritizes' of the tamari sauce & toss the beans
- 9** Spray the beans again with a couple of times & toss again
- 10** If you're not eating the beans right away, warm them uncovered when you are ready to eat

NOTES

A garlic spray that also is a non-stick cooking spray



