



Fresh Spring Sesame Greens

Brighten your meal with vivid spring green veggies

2 Tablespoons avocado oil
1/2 head broccoli tops, trimmed
1/2-pound haricots verts or thin green beans
1/2-pound sugar snap peas, trimmed
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1-1/2 cups vegetable broth or as needed
1 cup frozen green peas
2 Tablespoons sesame oil
1/2 Tablespoon sesame seeds
Salt and black pepper to taste

- In a large skillet, heat oil over medium heat.
- Add broccoli, green beans, snap peas, and garlic and onion powder; sauté for 2 to 3 minutes. Add broth to cover about 1/4 of the vegetables.
- Bring to a boil; reduce heat to simmer, cover; cook for about 8 to 10 minutes or until vegetables are tender crisp and bright in color.

- Add frozen peas and sesame oil; cook for another minute. Check broccoli and beans to see if they are cooked but still firm.
- Before serving, sprinkle sesame seeds on top; season with salt and black pepper. Serves: 4 to 6

Cook's Note: Other vegetables that you can use – Brussel sprouts, green bell peppers, zucchini; if desired add your favorite fresh herbs

Recipe Inspired by: Canada's food guide

About the Recipe: Refreshing Spring unfolds nature's best veggies such as green beans, peas, asparagus, and leafy lettuce. Their fresh flavor and crisp tenderness only need simple additions like a touch of oil and squeeze of lemon. We invite you to welcome the season and add a touch of spring with this quick-fix side dish.