



LONG BEANS

Chinese long beans are more closely related to blackeye beans than to the common green bean. Dark and light green varieties are available as well as a red type. The paler green is generally sweeter and more tender than the dark green.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



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CHINESE LONG BEAN AND TOFU SALAD

Serves 4

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 package firm tofu, drained and chopped
- 1/2 lb Chinese long beans
- 3 tablespoons roasted peanuts, crushed
- 1 tablespoon peanut oil
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon lime juice
- 1 teaspoon sugar

DIRECTIONS:

1. Pan fry tofu in oil; set aside.
2. Blanch long beans in boiling water 5 minutes until slightly tender; place in cold water to stop cooking. Chill tofu and long beans.
3. Mix dressing by combining peanuts, peanut oil, soy sauce, sugar, and lime juice.
4. Toss tofu and long beans with dressing and serve warm or chilled.



NUTRITION FACTS PER SERVING:

Calories 309 kcal; Total Fat 9.5g; Saturated Fat 1.6 g; Cholesterol 0 mg; Sodium 201.4 mg; Carbohydrate 38.31 g; Dietary Fiber 7 g; Sugar 1.17 g; Protein 20 g

