

## Sweet and Sour String Beans

Tangy and finger-licking good, you can stir-fry some chicken or tofu with the beans to make this a well-rounded lunch. I personally prefer it as a simple side.

2 teaspoons minced fresh ginger

3/4 teaspoon sugar

1 tablespoon low-sodium soy sauce

2 teaspoons cider vinegar

1/2 teaspoon cornstarch

2 teaspoons water

2 teaspoons peanut, garlic, or canola oil

12 ounces green beans, wax beans, or a combination, trimmed and cut in half

Whisk together ginger, sugar, soy sauce, and vinegar in a small bowl. Whisk in cornstarch and water and set aside.

Heat oil in a large well-seasoned or nonstick wok over high heat. Add beans. Stir-fry for 2 minutes. Add reserved sauce mixture and cook about one minute longer, or until vegetables are crisp tender, very hot, and browned in spots.