

## Garlic-Sesame Green Beans

### Ingredients:

3 pounds fresh green beans, trimmed	6 garlic cloves, minced
1 tablespoon sesame oil	1-1/2 teaspoons salt
1 tablespoon canola oil	1/2 teaspoon pepper
1 shallot, finely chopped	2 tablespoons sesame seeds, toasted

### Directions:

1. In a Dutch oven, bring 10 cups water to a boil. Add green beans; cook, uncovered, 6-8 minutes or until tender.
2. Meanwhile, in a small skillet, heat oils over medium heat. Add shallot, garlic, salt and pepper; cook and stir 2-3 minutes or until tender.
3. Drain green beans and return to Dutch oven. Add shallot mixture; toss to coat. Sprinkle with sesame seeds.

Website URL: <https://www.tasteofhome.com/recipes/garlic-sesame-green-beans/>

## Sesame Herb Pull-Apart Bread

### Ingredients:

3 tablespoons minced chives	3 tablespoons sesame seeds
3 tablespoons minced parsley	24 frozen bread dough dinner rolls
1 teaspoon dried basil, oregano, and thyme	1/4 cup butter, melted

### Directions:

1. In a small bowl, mix chives and parsley. In another bowl, mix basil, oregano and thyme. In a greased 10-in. fluted tube pan, sprinkle 1 tablespoon sesame seeds, 2 tablespoons fresh herbs and 1 teaspoon dried herbs.
2. Arrange eight dinner rolls over herbs. Sprinkle with 1 tablespoon sesame seeds, 2 tablespoons of the fresh herbs and 1 teaspoon of the dried herbs. Drizzle with one-third of the butter. Repeat layers. Arrange remaining rolls over top; drizzle with remaining butter. Refrigerate, covered, 12-24 hours.
3. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake rolls, uncovered, 20 minutes. Cover loosely with foil; bake until golden brown, 10-15 minutes longer. Cool in pan 10 minutes before inverting onto a serving plate. Serve warm.

Website URL: <https://www.tasteofhome.com/recipes/sesame-herb-pull-apart-bread/>

## Sesame Brittle

### Ingredients:

3/4 cup sugar	1/4 cup honey
Pinch salt	1/4 teaspoon ground nutmeg
1 tablespoon water	1 cup sesame seeds
1 teaspoon vanilla extract	2 teaspoons unsalted butter
1/4 teaspoon baking soda	

### Directions:

1. Put the sugar, honey, salt, nutmeg, and water into a small (1 1/2 quart), thick-bottomed saucepan. Heat on medium heat and stir until a smooth slurry is formed.
2. Stir in the sesame seeds.
3. Cook the sesame mixture, stirring often, until the mixture turns an amber caramel color, about 5 to 10 minutes. At this point, remove the pan from the heat. Stir in the vanilla extract and the butter.
4. Once the butter has completely melted into the mixture, stir in the baking soda. The mixture will foam up a bit after you stir in the baking soda, as the baking soda reacts with the acid from the caramelization of the sugar.
5. Pour directly onto a buttered metal baking sheet and use a metal spatula to separate brittle from the pan once cooled.
6. Once completely cooled and hardened (about 15-20 minutes), break into pieces.

Website URL: [https://www.simplyrecipes.com/recipes/sesame\\_brittle/](https://www.simplyrecipes.com/recipes/sesame_brittle/)

## Sesame Dill Fish

### Ingredients:

1/2 cup dry breadcrumbs	3/4 cup plain yogurt
1/4 cup sesame seeds	1 pound catfish or other whitefish
1/2 teaspoon dill weed	1/4 cup canola oil
1/4 teaspoon salt	Lemon wedges, optional

### Directions:

1. In a shallow bowl, combine the bread crumbs, sesame seeds, dill and salt. Place yogurt in another bowl. Dip fillets in yogurt; shake off excess, then dip in crumb mixture.
2. Heat oil in a large nonstick skillet. Fry fillets over medium-high heat for 2-3 minutes on each side or until fish flakes easily with a fork. Serve with lemon if desired.

Website URL: <https://www.tasteofhome.com/recipes/sesame-dill-fish/>

