



# 芝麻蜂蜜醬油佐四季豆

## 芝麻蜂蜜醬油

因含大豆醬油（鈉）和芝麻（脂肪），所以請酌量食用。淋在四季豆上非常好吃。

## 份量 / 約 2 大匙

- 芝麻 2 大匙
- 蜂蜜 1 小匙
- 低鈉大豆醬油 2 小匙

## 做法

1. 用平底鍋或烤箱，將芝麻烘烤到金黃色，小心不要烤焦。放入小磨白或食物處理機中磨碎。
2. 將芝麻放到一個小碗中，加入蜂蜜和大豆醬油，攪拌均勻。可以加在熱的四季豆或任何其他蔬菜上。這食譜的份量不少，足夠 1 磅半（按：大約 1 台斤）的四季豆用。

A white plate with red diagonal stripes holds several long, green, sliced beans. A dark brown, thick sauce is drizzled over the beans, and some of it has spilled onto the plate. To the left of the plate is a small white bowl containing the same sauce. In the bottom left corner of the image, a portion of a book is visible. The book cover features a red and white design with the Chinese text "這樣吃，心血管最健康！" (This way of eating, heart health is best!) and "Prevent and Reverse Heart Disease". Below the title, there's a circular graphic showing a hand holding a piece of food, with the text "季節飲食 10 大關鍵" (10 key points of seasonal diet).