**Stir Fried Green Beans**

**Ingredients:**

1 ½ lbs. green beans

2-3 cups water

1 ½ tsp. salt

3 tsp. garlic

3 tsp. butter, olive oil, or canola oil

Wash and drain green beans, and chop off ends.

Bring 2-3 cups water to a boil. Add green beans, and boil 2-3 minutes. Drain, and rinse with cold water.

Heat oil in a pan and add garlic. Add green beans, and stir-fry 3-5 minutes. When beans are ready add salt.

Enjoy a beautiful and delicious dish of green beans!

**Homemade Chinese Stir Fry Rice**

**Ingredients:**

2 cups white rice, steamed

½ cup sweet green peas

½ cup sweet corn

¼ cup carrot

½ tsp. salt

3 tsp. oil

Heat oil in a pan. Add vegetables and cook for 2 minutes. Add rice and cook about 5 minutes. When it is ready, add salt. You will enjoy great homemade Chinese fried rice!

*Note: If you like, you may also add sausage, ham, any kind of vegetables, and/or scrambled eggs.*

**Sautéed Pork Tenderloin Medallions**

**Ingredients:**

Marinade: ¼ cup soy sauce

 1 cup water

 ½ tsp. salt

 1 tsp. sugar

 2 tsp. sesame oil

 3 cloves garlic, chopped

16 oz. pork tenderloin, trimmed of fat, cut into ½ inch medallions

½ cup all-purpose flour

4 Tbsp. olive oil (or other vegetable oil)

**Directions:**

Mix ingredients for marinade, add pork medallions, and marinate overnight in the refrigerator.

Put flour in a plastic bag, and add marinated pork. Close bag and shake to coat pork medallions with flour.

In a skillet, heat oil over medium-high heat. Add pork medallions and sauté for about two minutes on each side to brown them.

Remove medallions to a serving plate.