

Recipe for: Hidatsa Shield Asian Salad

To prepare: Soak the beans in a vegetable stock over night.

Ingredients

8oz Hidatsa Shield Beans
2oz Soy Sauce (low-sodium)
2oz Rice Vinegar
3oz Scallions (thin cut)
1oz Sesame Seeds (toasted)

Directions

Cook beans until fork tender.
While the beans are cooking clean your produce and prep.
Add all ingredients in a mixing bowl with rice vinegar and soy sauce and blend well.
Drain the “al dente” beans and mix carefully in bowl with other ingredients.
Cool. Serve and enjoy.