



Okinawa Agricultural, Forestry and Fishery Products  
Mascot Character: lisa-kun

**Okinawa Prefecture Agricultural,  
Forestry and Fishery Products Sales Promotion Council**

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## Okinawa Home Cooking Recipes



### Okinawan Green Beans

Green beans are grown from winter to spring under the warm climate of Okinawa. It has distinctive soft texture and a hint of sweetness. You can prepare it in any way ranging from dressed dish (Aemono), deep fried, stir-fried to soup dishes, and of course, Ohitashi (quick-blanched vegetable salad). You can create many recipes with it.

#### Tips for Selection & Storage

Select one with rich green color, thin skin and entirely plump body. It is recommended to prepare it as soon as possible after purchase. For storing, wrap it in plastic-wrap and keep in the refrigerator.

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## Green Beans Yogurt Salad



### Ingredients for 2 Servings

- 100g green beans
- 1/4 apple
- 1 tablespoon raisin
- 2 tablespoons yogurt
- 1 tablespoon mayonnaise
- 1 teaspoon honey

### Preparation

- 1 Preparation for green beans: Remove string from the pod. Quick-blanch it. Cut it to 3cm wide. For apple: Remove pits and slice to quarter circle with skin on.
- 2 Put green beans and apples in a bowl. Add in yogurt and honey to dress.

## Rolled Chicken with Green Beans



### Ingredients for 2 Servings

- 12 pods green beans
- 4 pieces chicken breast
- 2 teaspoons salt Koji marinade
- Ground pepper to taste
- 1 tablespoon oil
- 2 tablespoons water

### Preparation

- 1 Preparation for chicken breast: Remove muscle fibers from the meat. Lay it flat on the cutting board, cover it with plastic-wrap, and pound out to make it thinner with rolling pin. Marinate it with Salt Koji marinade for 1 hour in the refrigerator.
- 2 Preparation for green beans: Remove string from the pod, then quick blanch them. After blanching, cut them to a half.
- 3 Cut the breast through the middle up to the side end of the meat, and flip open. Place 6 pieces of cut green beans on the breast, and roll them in.
- 4 Heat oil in the frying pan. Place the chicken rolls with the sealed ends down on the pan. Sear them nice and brown on all sides at medium heat. Then add in water and steam it over low heat for 5 minutes with a cover on.