

What's Fresh:

# Green Beans



## They're naturally good!

- ◆ Low in fat and calories
- ◆ Good source of dietary fiber
- ◆ Rich in Vitamin C for a healthy immune system

## Storage Tips:

Do not wash beans until ready to eat.  
To keep fresh, store in a loosely closed plastic bag in the refrigerator.  
Eat within 3-5 days.

## Too much of a good thing? Freeze them!

Boil the beans (cut or whole) for 3 minutes, then transfer to a bowl filled with ice water. Drain, pat dry, and store in a freezer-safe container for 4-6 months.

Use in cooked recipes.

## Preparation Tips:

- ◆ Rinse beans under running water and pat dry.
- ◆ Cut off the tops and tails of the beans.
- ◆ *For fast cutting:* Line up the beans, hold the beans steady, trim off the tips all at once and discard. Repeat with the other side.
- ◆ Leave the beans whole or cut them into shorter pieces, as desired.

## Ways to eat green beans:



- ◆ **Eat them raw.** Enjoy with hummus or low-fat ranch for a healthy snack. Chop them up and add them to green salads and pasta salads!
- ◆ **Add them to soups & stews.** Cook beans for about 5 minutes in simmering liquid.
- ◆ **Stir-fry them.** Heat 2 tablespoons of oil in a pan over medium-high heat; add beans and cook, stirring frequently, until tender-crisp (about 5 minutes). For extra flavor, add minced garlic and/or ginger (or 1/2 teaspoon of garlic and/or ginger powder) half-way through cooking. Season with salt and pepper, or soy sauce and red pepper flakes for a tasty twist.
- ◆ **Microwave them.** Place trimmed green beans in a microwave safe dish with 1/4 cup of water. Cook 3-5 minutes on high, then drain. Season with salt and pepper. For extra flavor, toss with a few cloves of minced garlic (or 1/2 teaspoon garlic powder) and a tablespoon of butter or oil.
- ◆ **Steam them.** In a pot with a steamer tray, bring a few inches of water to a boil. Add green beans and cover; cook until tender but still crisp. Season to taste with salt, pepper, herbs & spices.
- ◆ **Make a green bean casserole.** In a casserole dish, combine the 4 cups of cooked green beans with 1 (10.5 oz.) can of condensed soup (such as cream of mushroom, chicken or celery, tomato soup, etc.) and 1/2 cup of milk or water. Season with pepper and dried herbs (optional). If desired, top the casserole with 1/2 cup of shredded cheese or 1/2 cup of bread crumbs mixed with 2 teaspoons of oil. Bake at 350°F for 25 minutes or microwave using 50% power for 15-20 minutes.



See more recipes on the back 

