



# Green Beans



## Why eat green beans:

- Good source of fiber that promotes healthy digestion and keeps you fuller longer.
- Excellent source of vitamins including vitamin A, vitamin C, and vitamin K.

## How to store and when to throw away:

- Store unwashed fresh green beans in a plastic container or bag in the refrigerator to keep them crisper, for about 7 days.
- Throw out when green beans are soft and mold is present

## Quick Tips:

- Wash well before cutting and preparing.
- Snap any remaining stems off the ends.
- Cut or snap beans into shorter pieces, if desired.
- Steam or blanch (using directions in the recipe to the left) and enjoy in a salad.
- Roast in the oven on a baking sheet with a small amount of oil and herbs and spices.

## Green Bean Salad

*Makes 4 servings  
Ready in 15 minutes*

### Ingredients:

- 2 lbs. fresh green beans, ends trimmed
- 1 pint cherry tomatoes
- 1/4 cup olive or canola oil
- 3 tbsp. Balsamic vinegar
- 1/4 teaspoon garlic powder
- 3 tbsp. lemon juice
- 4 oz. feta cheese
- 1/4 teaspoon black pepper

### Directions:

1. Bring a large pot of water to a boil. Add 1 teaspoon salt. Cook green beans in boiling water until bright green, 2-4 minutes.
2. While beans cook, put ice in a large bowl and cover ice with water. Using a slotted spoon, put cooked green beans in the ice bath. This will stop them from cooking further and will keep them bright green and perfectly tender.
3. Drain the beans, pat them dry, and place in a large bowl.
4. Toss the tomatoes in with the green beans.
5. For the dressing, whisk together the olive oil, lemon juice, vinegar, salt, garlic powder, and pepper.
6. Pour the mixture over the green beans and toss to coat. Cover the bowl and chill until ready to serve.
7. Stir in the feta cheese right before serving. Serve chilled or at room temperature.

Nutrition Facts			
Serving Size 3/4 cup cut beans (83g)			
Amount Per Serving			
Calories 20	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g		0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 0mg		0%	
<b>Total Carbohydrate</b> 5g		2%	
Dietary Fiber	3g	12%	
Sugars	2g		
<b>Protein</b> 1g			
Vitamin A	4%	Vitamin C	10%
Calcium	4%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

# Garlic Green Beans

Makes 6 servings  
Ready in 15 minutes

## Ingredients:

- 2 lbs. fresh green beans, ends trimmed
- 3 tbsp. butter
- 2 cloves garlic, minced
- 1 tbsp. olive or canola oil
- 1 teaspoon red pepper flakes
- Salt and pepper to taste

## Directions:

1. Bring a large pot of water to a boil. Add 1 teaspoon salt. Cook green beans in boiling water until bright green, 2-4 minutes.
2. While beans cook, put ice in a large bowl and cover ice with water. Using a slotted spoon, put cooked green beans in the ice bath. This will stop them from cooking further and will keep them bright green and perfectly tender.
3. Drain the beans, pat them dry, and place in a large bowl.
4. Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and sauté until fragrant, about 30 seconds.
5. Add the green beans and continue to sauté until coated in the butter and heated through, about 5 minutes.
6. Season with red pepper flakes, salt, and pepper.

## Chef's Notes:

- Add fresh lemon zest at the end for added flavor or any herbs and spices you like.
- Stir in nuts such as sliced almonds to add additional crunch to the dish.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

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## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

## Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

