HEALTHY WAYS
CANNED GREEN BEANS

Preparation Tips:

- Drain & rinse canned green beans to reduce sodium (salt)
- Get your daily veggies by adding green beans to soups, stews, pastas, and casseroles
- Add to mac & cheese or hamburger skillet for added nutrition
- Toss heated green beans with a tsp of melted butter, a tbsp of shredded cheese, and a pinch of red pepper flakes for a side

RECIPES
Skillet Potatoes & Green Beans

Ingredients:
- 3 cups potatoes (fresh or canned), chopped
- 1 (14oz) can of green beans, drained & rinsed
- 2 cloves garlic, minced (or 2 tsp garlic powder)
- 3/4 tsp salt
- 1/2 tsp dried herbs (oregano, parsley, basil)
- black pepper to taste

Directions:
1. Bring a large pot of salted water to a boil. Boil potatoes for 15-20 minutes (or until fork tender) and drain. If using canned potatoes, skip this step.
2. Heat oil in a large skillet over medium-high heat. Add potatoes and dry, stirring once every 3-5 minutes, until about half of them are golden brown, about 5-10 minutes.
3. Add the garlic and the green beans to the skillet and continue to sauté until fragrant and heated though.
4. Season the skillet with salt, herbs, and some black pepper.

Green Beans & Tomatoes

Ingredients:
- 1 onion, chopped
- 2 (14.5oz) cans green beans, drained & rinsed
- 1 (14.5oz) can diced tomatoes, undrained
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder

Directions:
1. Place all the ingredients in a medium sauce pot over medium-high heat. Cook, stirring occasionally, until mixture begins to bubble.

Green Bean Casserole

Ingredients:
- 3 (14.5oz) cans green beans, drained & rinsed
- 2-3 tbsp oil, divided
- 1 medium onion, chopped
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 3 tbsp all purpose flour
- 3/4 tsp salt
- 1/4 tsp black pepper
- 2 1/2 cups low fat milk
- 1/2 cup whole wheat bread crumbs (optional)
- 1/2 cup shredded cheese (optional)

Directions:
1. Preheat oven to 400° F. Grease a 13x9-inch baking dish.
2. Heat 1 tbsp oil in a large sauce pan over medium heat. Add onion and cook, stirring frequently, until brown, 5-8 minutes. Add flour, salt, pepper, and garlic. Cook for 1 more minute, stirring constantly.
3. Add milk and stir, scraping up any browned bits. Cook, stirring until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from heat and stir in green beans.
4. If using, combine breadcrumbs and 1 tsp oil in a small dish.
5. Add green bean mixture to the baking dish. Sprinkle the breadcrumb mixture and/or cheese over the green beans.
6. Bake for 15-20 minutes or until casserole is bubbly and top has browned slightly. Serve warm.

Find more online at: www.gcfb.org/recipes_resources
MAKE IT A MEAL:
RECIPIES

Garlicky Green Beans

Ingredients:
- 2 tbsp oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 2 (14 oz) cans of green beans, drained & rinsed

Directions:
1. In a large skillet over medium heat, add oil and then garlic and cook, stirring frequently, for about 30 seconds. If using garlic powder, skip this step and add during step 2.
2. Stir in green beans, soy sauce, and season with salt and pepper. Add red pepper flakes if desired. Cook until beans are heated through.

Three Bean Salad

Ingredients:
- 2 (15oz) cans beans, drained & rinsed (use any type of bean, but try to use 2 different kinds)
- 1 (14oz) can green beans, drained & rinsed
- 1 medium onion, diced
- 1 bell pepper, chopped
- 1/4 cup Italian dressing
- 2 tbsp oil
- 2 tbsp vinegar
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions:
1. In a large bowl, combine the green beans, canned beans, onion and bell pepper.
2. Whisk together oil, vinegar, Italian seasoning, garlic powder, salt and pepper. Pour over salad.
3. Toss vegetables and store in the refrigerator for at least one hour.
4. Drain off any excess liquid before serving.

Three Sisters Soup

Ingredients:
- 1 tbsp oil
- 1 large onion, chopped
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 (14.5oz) can green beans, drained & rinsed
- 1 (14.5oz) can corn or hominy, drained & rinsed
- 1 (14.5oz) can beans (any kind), drained & rinsed
- 4 cups chicken stock, vegetable broth or water
- 2 tbsp butter, melted
- 2 tbsp flour
- 1 tsp dried sage or other herb (optional)
- 1 (14.5oz) can potatoes, drained
- salt & pepper to taste

Directions:
1. Heat oil in a large pot over medium-high heat; add onion and cook until browned, about 5-7 minutes.
2. Add garlic and cook for 1 minute longer, stirring constantly.
3. Add remaining ingredients and bring to a boil; reduce heat to low and simmer, until vegetables are soft, about 10 minutes.
4. In a small bowl, mix together melted butter and flour. Stir into soup.
5. Increase heat to medium and cook for 5 more minutes, or until soup thickens.

Simple Supper Casserole

Ingredients:
- 3-4 cups cooked brown rice, whole wheat pasta, egg noodles
- OR cooked cubed potatoes
- OR 1 (160z) can diced tomatoes
- 1 cup canned chicken, tuna OR salmon, drained
- 1 (15oz) can green beans, drained & rinsed
- 1 tsp dried herbs

Directions:
1. Preheat oven 350°F
2. Combine all ingredients in a greased casserole dish
3. Bake for 20-25 minutes microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

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