



Healthy Ways to Eat Canned Green Beans



Drain & rinse canned green beans to reduce sodium (salt)

1. Get your daily veggies by adding green beans to soups, stews, pastas and casseroles.
2. Add to mac & cheese or hamburger skillet meals for added nutrition.
3. Toss heated green beans with a teaspoon of melted butter, a tablespoon of shredded cheese or parmesan, and a pinch of red pepper flakes for an easy side dish.
4. Make Skillet Potatoes & Green Beans.

Ingredients:

3 cups potatoes (fresh or canned), chopped into bite-size pieces
1 (14.5-oz.) can green beans, drained & rinsed
2 tablespoons oil
2 cloves garlic, minced (or 2 tsp garlic powder)

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dried herbs (like oregano, parsley or basil, or dill)
Black pepper to taste

Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 15 to 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 fry, stirring once every 3-5 minutes, until about half of them are golden brown, about 5-10 minutes.
3. Add the garlic and green beans to the skillet and continue to sauté until fragrant and heated through.
4. Season the skillet with salt, herbs, and some black pepper.

5. Make Green Beans & Tomatoes for a quick & easy side dish.

Ingredients:

1 onion, chopped
2 (14.5-oz.) cans green beans, drained & rinsed
1 (14.5-oz.) can diced tomatoes, undrained

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon garlic powder (optional)

Directions:

1. Place all the ingredients in a medium sauce pot over medium-high heat. Cook, stirring occasionally, until mixture begins to bubble.
2. Reduce heat to low and cover. Simmer for 10-15 minutes. Serve warm.

6. Make a Green Bean Casserole. Try this healthier twist on an old favorite.

Ingredients:

3 (14.5-oz.) cans of green beans, drained & rinsed
2-3 tablespoons oil, divided
1 medium onion, chopped
1 glove garlic, minced (or 1 tsp garlic powder)
3 tablespoons all-purpose flour

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
2 $\frac{1}{2}$ cups low-fat milk
 $\frac{1}{2}$ cup whole-wheat breadcrumbs or shredded cheese (optional)

Directions:

1. Preheat oven to 400°F. Grease a 13x9-inch baking dish.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until brown, 5 to 8 minutes. Add flour, salt, pepper and garlic; cook for 1 minute more, 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 tablespoon oil in a small bowl.
5. Add green bean mixture to the baking dish. Sprinkle the breadcrumb mixture or cheese over the gratin.
6. Bake for 15-20 minute or until casserole is bubbly and top has browned slightly. Serve warm.

7. Make Garlicky Green Beans

Ingredients:

2 tablespoons oil
2 cloves garlic, minced (or 1 tsp garlic powder)
2 (14.5-oz) cans green beans, drained & rinsed

Salt and pepper to taste
2 tablespoons soy sauce (optional)
½ teaspoon red pepper flakes (optional)

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.

8. Make Three Bean Salad * with homemade Italian dressing.

Ingredients:

2 (15-oz.) cans beans, drained & rinsed (use any type of bean, but try to use 2 different kinds)
1 (14.5-oz.) can green beans, drained & rinsed
1 medium onion, diced
1 bell pepper, chopped
¼ cup Italian dressing

Make your own Italian dressing:

2 Tablespoons oil
2 Tablespoons vinegar
1 teaspoon Italian seasoning
½ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon black pepper

Directions:

1. In a large bowl, combine the green beans, canned beans, onion and bell pepper
2. If using pre-made dressing, just pour Italian dressing over the vegetables. To make your own dressing, 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.

9. Make Simple Supper Casserole using ingredients you have on hand!

Ingredients:

3-4 cups cooked brown rice, whole wheat pasta, egg noodles, OR cooked cubed potatoes
1 cup canned chicken, tuna OR salmon, drained
1 (15-oz.) can green beans, drained & rinsed

1 (16-oz.) can diced tomatoes OR 1 (10-oz.) can cream of mushroom/chicken soup + ½ cup milk
1-2 teaspoons dried herbs (optional)
Salt & Pepper to taste

Directions:

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

10. Make Three Sisters Soup for a warm & comforting dish.

Ingredients:

1 Tablespoon oil
1 large onion, chopped
2 cloves garlic, minced (or 1 tsp garlic powder)
1 (14.5-oz.) can green beans, drained & rinsed
1 (14.5-oz.) can corn or hominy, drained & rinsed
1 (14.5-oz.) can beans (any kind), drained & rinsed

1 (14.5-oz) can potatoes, drained
4 cups chicken stock, vegetable broth or water
2 Tablespoons butter, melted
2 Tablespoons flour
1 teaspoon dried sage or other herb (optional)
Salt and 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.
6. Add salt and pepper to taste. Serve warm.

* Recipe from Michigan Fitness Foundation's Harvest of the Month

