



# 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 



**Make it a meal!**

# RECIPES

## Green Beans & Tomatoes

### Ingredients:

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|---|---|
| 1 tablespoon oil                          | 1 (14.5-oz.) can diced tomatoes, with juices  |
| 1 medium onion, thinly sliced             | 1 lb. green beans, trimmed (about 4 handfuls) |
| 1/4 teaspoon garlic powder (optional)     | Salt & pepper to taste                        |
| 1/2 teaspoon Italian seasoning (optional) | Pinch of red pepper flakes (optional)         |

### Directions:

1. In a skillet or saucepan with a lid, heat oil over medium-high heat. Add onion, garlic and Italian seasoning (if using). Cook, stirring frequently, until lightly browned, about 3-5 minutes.
2. Add tomatoes with their juices to the pan and stir to combine. Add green beans, 1/2 teaspoon each of salt and pepper, and bring to a boil.
3. Reduce heat and simmer, stirring occasionally, until green beans are soft- about 30 minutes. Serve warm.

## Three Bean Pasta Salad

### Ingredients:

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| 8-oz. whole wheat pasta                            | <i>Make your own dressing:</i>              |
| 2 (15-oz.) cans beans (any kind), drained & rinsed | 2 Tablespoons oil                           |
| 1 cup fresh green chopped into 1-inch pieces       | 2 Tablespoons vinegar (such as apple cider) |
| 1/2 small onion, finely chopped                    | 1 teaspoon Italian seasoning                |
| 1 bell pepper, chopped                             | 1/2 teaspoon garlic powder                  |
| 1/4 cup low-fat Italian dressing                   | 1/4 teaspoon each of salt & pepper          |

### Directions:

1. Bring a large pot of water to a boil and cook the pasta according to package instructions. Drain and rinse under cold water.
2. In a large bowl, combine cooled pasta, beans, green beans, pepper, and onion. Stir well.
3. To make Italian dressing from scratch, whisk together oil, vinegar, Italian seasoning, garlic powder, salt and pepper in a small bowl. Pour over salad ingredients and mix to coat.
4. Serve chilled or at room temperature and refrigerate leftovers.

## Garlicky Green Beans

### Ingredients:

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| 2 tablespoons oil                                     | 2 Tablespoons soy sauce (optional)        |
| 4 cloves garlic, minced (or 1 teaspoon garlic powder) | 1/2 teaspoon red pepper flakes (optional) |
| 4 cups green beans, trimmed                           | Salt & pepper to taste                    |

### 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, stirring often, until beans are tender but still crisp. Serve warm.

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