

## HARVEST OF THE MONTH:

# Green Beans



**HEALTHYSD.GOV**  
Live better. Grow stronger.



## HEALTHY BENEFITS OF EATING GREEN BEANS

- Green beans, also known as string beans and snap beans, are the unripe fruit of the bean plant.
- Green beans are an excellent source of dietary fiber, vitamin A, vitamin C, vitamin K, folate and manganese.
- Green beans are also a good source of thiamin, riboflavin, niacin, vitamin B6, calcium, iron, magnesium, phosphorus, potassium and copper.
- A one cup serving of green beans has 30% of your daily value for vitamin C, which supports a healthy immune system.
- Green fruits and vegetables help maintain strong bones and teeth.

## PRODUCE & PURCHASING TIPS

- Choose green beans that are crisp and solid green (without any spots.)
- Green beans may be stored for up to 7 days in a plastic bag in the refrigerator.
- Choose straight green beans (not crooked ones) because they are easier to cook and prepare.

## SERVING SUGGESTIONS FOR GREEN BEANS

- Boiling, steaming and microwaving are probably the most popular, but stir-frying is one of the best ways to maintain nutrients.
- Consider brushing with olive oil and roasting green beans in the oven for a healthy side.
- Use green beans as a recipe substitute to boost fiber and lower fat and carbohydrates.
- Substitute green beans, partially or completely, for potatoes in stews and chili beans in chili.
- Add green beans to the top of your pizza or taco.

### Nutrition Facts

Serving Size 110 g

#### Amount Per Serving

**Calories** 34      **Calories from Fat** 1

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 7mg      0%

**Total Carbohydrate** 8g      3%

Dietary Fiber 4g      15%

Sugars 2g

**Protein** 2g

Vitamin A      15% • Vitamin C      30%

Calcium      4% • Iron      6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**NutritionData.com**

# Green Bean Recipes

## GREEN BEAN SOUP

### INGREDIENTS

- 1 cup chopped onion
- 1 cup chopped carrots
- 6 cups vegetable broth
- 1 garlic clove, minced
- 1 pound fresh green beans, cut into 1-inch pieces
- 3 cups diced fresh tomatoes
- 1/4 cup minced fresh basil or 1 tbsp dried basil
- Salt and pepper to taste
- 2 tbsp olive oil

### DIRECTIONS

In a large saucepan, saute onion and carrots in olive oil for 5 minutes. Stir in the broth, beans and garlic; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in the tomatoes, basil, salt and pepper. Cover and simmer 5 minutes longer.

## GREEN BEAN AND LEMON AND GARLIC

### INGREDIENTS

- 2 pounds green beans, ends trimmed
- 1 tablespoon olive oil
- 2 large garlic cloves, minced
- 1 tablespoon lemon zest

### DIRECTIONS

Blanch green beans in a large pot of salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking. Heat a large heavy skillet over medium heat. Add the oil. Add the garlic and saute until fragrant, about 30 seconds. Add the beans and continue to saute until coated and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

## GREEN BEANS & PASTA

### INGREDIENTS

- 1/2 cup olive oil
- 1/2 cup nuts, pine nuts, dried
- 1 1/2 cup basil leaves
- 3 garlic cloves
- 6 tbsp parmesan cheese, grated
- 1 tsp salt
- 1 cup 1/2" pieces green beans
- 8 oz noodles

### DIRECTIONS

Cook pasta according to package and then add green beans to cooking pasta during the last 5-7 minutes and cook until barely tender. Drain, reserving 1 cup of cooking liquid. Combine olive oil, nuts, basil and garlic to a food processor and pulse to make pesto. Add a couple of tablespoons of cooking water to the pesto to thin a bit. Add the pasta and green beans to the pesto and toss to coat. If necessary, add some of the reserved cooking liquid so that the sauce easily coats the pasta. Top with grated cheese and serve immediately.

## GREEN BEAN SALSA

### INGREDIENTS

- 1 cup diced red onion
- 1 pound fresh green beans, diced
- 2/3 cup fresh cilantro (coriander), minced
- 2/3 cup Haas avocado, diced
- Juice from 2 lemons

### DIRECTIONS

After cooking the green beans your favorite way (steaming, blanching, etc), remove the stem and dice them. Add cilantro and lemon juice to the diced beans, avocado, and onion and toss. Chill. Let the salsa marinate in the refrigerator for one hour before serving.