



green beans

TASTY TIDBITS



Nutrition Nuggets

- Green beans are a low-calorie and low-sodium food.
- They support a healthy immune system, bones, and heart.
- Green beans contain fiber for a healthy digestive system.



How to Store

- Refrigerate green beans in an open container and use within 1 week.
- May be stored in the freezer for 8 to 12 months.



How to Prepare

- Wash and dry.
- Snap or cut off the tips of both ends, leave whole, or cut or snap into desired size.



How to Enjoy

- Boil, steam, roast, or sauté as a side dish or use in casseroles.
- Toss in a bean salad, add to a stir fry, or eat raw as a crunchy snack.

#DYK

Did You Know?

- Green beans can be yellow, purple, or even speckled!



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RECIPES

3 Easy Ways to Cook Fresh Green Beans

- **Boil:** Add beans to boiling water, cover, and cook to desired tenderness, about 3 to 8 minutes. Add herbs and pepper to taste.
- **Steam:** Add beans to a steamer basket over boiling water. Cover and steam to desired tenderness, about 3 to 7 minutes. Add herbs and pepper to taste.
- **Sauté:** Heat beans in a small amount of oil over medium-high heat, stirring occasionally, until desired tenderness is reached, about 5 to 10 minutes.

Roasted Green Beans

INGREDIENTS

- 1 pound fresh green beans
- 1 tablespoon oil
- Pinch of salt and pepper

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Snap or cut ends off the green beans, if desired. Rinse.
3. Add beans to a bowl. Drizzle oil, salt, and pepper over the beans and toss to coat.
4. Lay beans on a baking sheet.
5. Roast in the oven for 15 to 18 minutes, stirring occasionally.

Honey Mustard Green Beans

INGREDIENTS

- 1 tablespoon mustard
- 3 tablespoons honey
- 3 tablespoons vinegar
- 4 cups green beans, chopped

DIRECTIONS

1. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey, and vinegar.
2. Cook until the sauce thickens, about 10 minutes.
3. Add green beans and stir to coat evenly.
4. Cook until beans are heated through.