

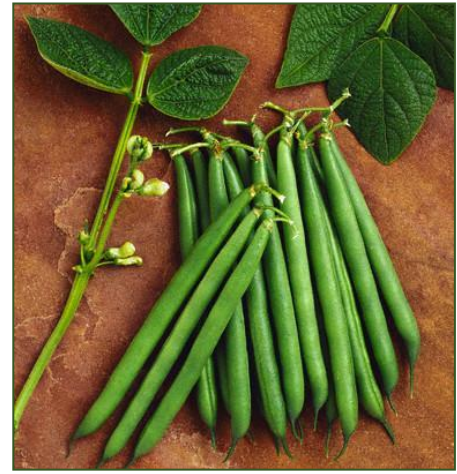
GREEN BEANS

Nutrition Facts:

Green Beans are a great source of:

- Dietary fiber for **healthy digestion**
- Vitamin A and zeaxanthin for **healthy skin and eyes**
- Vitamin-B6 and Thiamin for a **healthy brain**
- Vitamin-C for a **healthy immune system**
- Iron for **healthy blood**
- Calcium and magnesium for **healthy bones and muscles**
- Potassium for **healthy blood pressure**

They are also **low calorie** and contain **protein** for a well-rounded addition to your meal.



Green beans are also called string beans, French beans, snap beans, bush beans, and haricot verts.

Green beans are a vegetable which grows close to the ground and are packed with vitamins, minerals, and other compounds which help promote an overall healthy body.

They are typically available fresh from the farm in summer, however canned and frozen green beans are available year round.

Fun Facts!

- There are over 130 varieties of green beans.
- Though beans with a deep green color are most popular, other varieties can be purple, white, yellow, or streaked.
- Green beans are very versatile and can be eaten raw, steamed, sautéed, boiled and more.
- Add green beans to salad, soup, stir fry, casseroles or have as a side dish to any meal.
- Canned and frozen green beans are also a great addition to many casseroles, soups, rice pilafs or salads.



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How To Prepare GREEN BEANS

HOW TO:

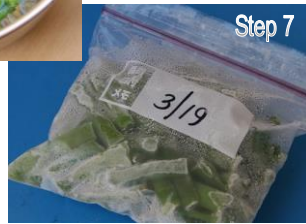
STORE: Place your unwashed fresh green beans in a plastic bag in the refrigerator for up to 7 days.

Wash just before eating.

If any brown or soft spots are found on the beans, throw out.

PREPARE: cut off the tips of both ends of green beans.

STEAM: place beans in a colander, strainer, or a steamer over a pot of boiling water and cover. Let steam for 7 or so minutes. Toss steamed green beans in a little butter or olive oil, sprinkle with salt.



Freezing Green Beans:

1. Wash fresh beans.
2. Trim ends off of the beans and cut the beans to the length you prefer.
3. Boil water in a large pot.
4. Fill a large bowl or pan with ice cubes and water.
5. Place beans in boiling water for 3 minutes then quickly transfer the beans to the cold ice water for 3 minutes.
6. Drain beans, blot with towel to remove extra moisture.
7. Place desired amount of beans in freezer bag and date. Freeze.

Green Beans with Lemon and Garlic

Ingredients:

- 1 lbs fresh green beans
- 1 tablespoon olive oil
- 1 teaspoon fresh minced OR powdered garlic
- 1 tablespoon lemon juice (optional)
- Salt & Pepper

1. Boil water in a medium or large pot.
2. Place green beans in water for 3 minutes. Remove from water and set aside.
3. Heat a medium or large skillet on medium heat.
4. Place olive oil in pan and add green beans.
5. Add garlic and lemon juice (optional) to green beans.
6. Sautee for 2-3 minutes.
7. Sprinkle salt and pepper on top.

Serve and enjoy!
Serves 3-4.

Prepared by Hopelink
Volunteers

References:

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