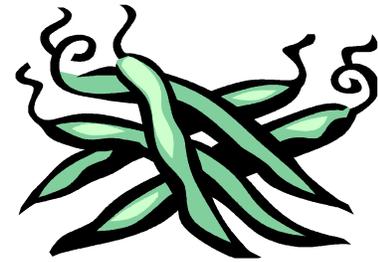


Fresh
FROM THE
FARM



GREEN BEANS



Harvest Time: Summer

Selection & Preparation

- ☐ Choose beans that are uniform in color and have smooth pods.
- ☐ The pods should be crisp and “snap” when broken.
- ☐ Avoid mature beans with swollen pods as they will be tough and often stringy.
- ☐ Snap beans should be kept refrigerated. Best when used within one week.
- ☐ Keep dry and do not wash until you are ready to use them.
- ☐ Snap beans freeze well.
- ☐ Cook beans by steaming or microwaving in a small amount of water, until tender crisp, about 5-8 minutes.
- ☐ Beans can be cooked directly in soups and stews.

Nutrition Facts

Serving Size ½ cup cut beans

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0g 0 %

Sodium 3 mg 0 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 2 g 7 %

Sugars 1 g

Protein 1 g

Vitamin A 8% Vitamin C 15%

Calcium 2% Iron 4%

Folate 5% Potassium 115 mg

Magnesium 14 mg

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

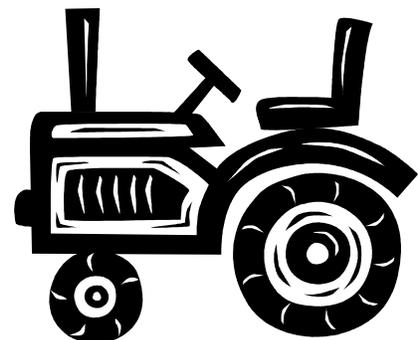
Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Potassium - to maintain a normal blood pressure.

Folate - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.

Fiber - to keep you regular, control blood sugar levels, and fiber may lower blood cholesterol.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Chinese-Style Green Beans

- 1 pound fresh green beans
- 1 teaspoon olive oil
- 1 teaspoon peeled, minced gingerroot
- 1 clove garlic, minced
- 2 tablespoons water
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon cornstarch
- 1/2 teaspoon brown sugar
- 1/2 teaspoon dark sesame oil
- 1/4 teaspoon crushed red pepper

Wash beans; trim ends and remove strings. Arrange beans in a vegetable steamer, and place over boiling water. Cover and steam 5 minutes. Drain and plunge into cold water; drain again. Put olive oil in a large nonstick skillet, and place over medium-high heat until hot. Add gingerroot and garlic; sauté 30 seconds. Add beans; sauté 5 minutes. Combine 2 tablespoons water and next 5 ingredients; stir well. Add to beans; cook 30 seconds or until thoroughly heated, stirring constantly. Yield: 8 servings.

Green beans are a very good source of fiber, folate, potassium and vitamin A and a good source of vitamins C and K.

Three-Bean Salad with Mustard Dressing

SALAD:

- 1 large tomato, seeded and diced
- 2 cups green beans, fresh
- 1 15-ounce can chickpeas, drained
- 1 15-ounce can kidney beans, drained

DRESSING:

- 2 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 2 tablespoons water
- 1 tablespoon fresh basil, chopped
or 1 teaspoon dried basil
- 1 teaspoon honey

1. Wash and dice tomato. Wash green beans if using fresh.
2. Steam green beans until crisp-tender, about 5 minutes. Plunge into ice water to cool. Drain.
3. Place green beans, chickpeas, kidney beans, and diced tomatoes in a bowl. Mix well.
4. Combine the oil, mustard, water, basil, honey, and pepper for the dressing.
5. Pour dressing over salad. Toss well.

TIPS:

- ☐ A great salad for a picnic.
- ☐ Keep refrigerated until serving.

Nutrition Facts:

Serving size: 1 cup; Calories: 240; Fruits and Vegetables: 1 serving; Fat: 6 g; Fiber: 11 g

