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

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>½ cup cut beans</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 15</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 0g</td>
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<tr>
<td></td>
<td>Saturated Fat 0g</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
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<tr>
<td></td>
<td>Cholesterol 0g</td>
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<tr>
<td></td>
<td>Sodium 3 mg</td>
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<td></td>
<td>Total Carbohydrate 4 g</td>
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<tr>
<td></td>
<td>Dietary Fiber 2 g</td>
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<tr>
<td></td>
<td>Sugars 1 g</td>
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<tr>
<td></td>
<td>Protein 1 g</td>
</tr>
<tr>
<td>Vitamin A 8%</td>
<td>Vitamin C 15%</td>
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<tr>
<td>Calcium 2%</td>
<td>Iron 4%</td>
</tr>
<tr>
<td>Folate 5%</td>
<td>Potassium 115 mg</td>
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<tr>
<td>Magnesium 14 mg</td>
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</table>

*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.
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.

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