



# Give Your Family More of the Good Stuff!



## Green Bean Basics

### Shop and Save

- ☼ Choose fresh green beans with a bright green color and firm texture; they should snap easily when bent. Avoid beans with brown spots or bruises.
- ☼ Beans should be mostly smooth on the surface. Large bumps may mean that the bean is more mature and less tender to eat.
- ☼ You can use fresh, frozen or canned green beans in most recipes. Choose what is cheapest.
- ☼ If larger bags of frozen green beans are cheaper per ounce, use what you need then press out the air and reseal the bag carefully. Return to the freezer immediately.

*Green beans are a good source of vitamin K and vitamin C.*



1 pound fresh green beans =  
about 3 cups when cut or  
2 cups cooked

### Types of Canned and Frozen Green Beans

#### Whole



#### Cut - Beans sliced crosswise.



#### Julienned or French Cut - Beans sliced lengthwise.



For color variety, try **yellow wax beans**. Use them just like green beans.



### Store Well Waste Less



- Refrigerate fresh green beans in an open plastic bag; use within 1 week.
- Store canned green beans in a cool, dry place at room temperature and use within 8 to 12 months for best quality.
- Frozen green beans should be used within 8 to 12 months. Freeze your own green beans. Blanch the beans in boiling water for 3 minutes. Cool quickly in ice water. Drain. Freeze separated beans on a cookie sheet before packaging and package in labeled containers or freezer bags and freeze right away.

Green beans are also known as string beans or snap beans

# Cooking with Green Beans

## Honey Mustard Green Beans

### Ingredients:

- 1 tablespoon **yellow mustard**
- 3 tablespoons **honey**
- 3 tablespoons **vinegar**
- 4 cups **green beans**, canned, frozen or cooked from fresh

### Directions:

1. For fresh green beans, cook until tender.
2. Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey and vinegar and mix well. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

### Notes:

- ❁ 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- ❁ Honey is not recommended for children under 1 year old.

## Green Bean Topping Ideas

- Lemon juice or vinegar*
- Minced garlic or onion, fresh or dry*
- Dried cranberries or chopped nuts*
- Chopped ham or crumbled bacon*
- Lowfat Italian salad dressing*
- Dill or basil, fresh or dry*

## Cook Fresh Green Beans

Wash beans under running cool water; snap or cut off the tips of both ends; leave whole or cut or snap to desired size.

- ❁ **Boil** - Add beans to boiling water, cover, cook to desired tenderness (3 to 8 minutes).
- ❁ **Microwave** - Place beans in a covered dish with 2 tablespoons water. Microwave on high for 2 minutes and test for doneness. Continue cooking for 30 seconds at a time until desired tenderness is reached.
- ❁ **Steam** - Add beans to a steamer basket over boiling water. Cover and steam to desired tenderness (3 to 7 minutes).
- ❁ **Sauté or Stir-fry** - Heat beans in a small amount of oil over medium-high heat, stirring occasionally, until desired tenderness is reached (5 to 10 minutes).

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty green bean recipes

## Bean Salad

### Ingredients:

- ¼ cup **vinegar**
- ¼ cup **sugar**
- 2 tablespoons **oil**
- ¼ teaspoon **salt** and **pepper** (optional)
- 6 cups **beans**, about 4 cans (15 ounces each) drained and rinsed (try a mixture – green beans, wax beans, kidney beans, garbanzo beans)
- 2 cups chopped **vegetables** (try a mixture – onion, carrot, celery, bell pepper)

### Directions:

1. In a large bowl, combine vinegar, sugar and oil. Mix well. Add salt and pepper, if desired.
2. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.
3. Refrigerate leftovers within 2 hours.