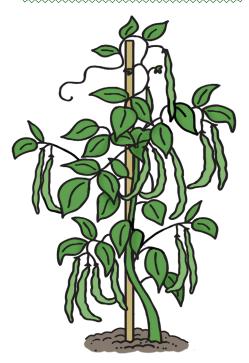


Fun With Green Beans!



Green beans are also known as **string beans** or snap beans.



Grow Your Own:

Pole and bush beans are easy and fun to grow. You can even grow them in containers!

Check out FoodHero.org/garden-tips to learn more.

Try adding other seasonings like garlic powder, lemon



know? <

Green beans contain vitamin C, a nutrient that helps our bodies fight infections. Try our Roasted Green Beans for a healthy helping of vitamin C!

Roasted Green Beans



Ingredients

1 pound fresh green beans

1 Tablespoon vegetable oil

¼ teaspoon salt

⅓ teaspoon black pepper

Directions

- 1. Wash hands with soap and water.
- 2. Preheat oven to 450 degrees F.
- 3. Put the green beans in a deep howl.
- 4. Drizzle the beans with the oil. then sprinkle them with the salt and pepper. Toss to coat.
- **5.** Place the beans on a baking sheet and roast them for 15 to 18 minutes. Stir the beans a couple of times while roasting.
- **6.** Refrigerate leftovers within 2 hours.



Kids Food Hero Cooking **Class Challenge**

It's fun to taste food that you helped make! You can help by:

- snapping the ends off green beans.
- · measuring and mixing the seasonings.

