



WHAT'S FRESH

Green Beans

Green beans are a no-frills simple addition to a quick-cooked meal. With 3 grams of fiber per half cup, they can help you fill up and regulate blood sugar levels. They are also a great source of Vitamin C, folate and many minerals.

How to cut green beans:

Start with clean green beans. Rinse beans under running water before using.



1. Trim:

Cut or snap off the stem end of the beans. You may leave the curled tail end if you like, no need to trim.



2. Slice or chop:

Line up the trimmed beans evenly and cut into your desired size: in half, in thirds or thin slices. You can also snap beans with your hands.



3. Blanch to freeze:

Add trimmed beans to a pot of boiling water for 3 minutes. Drain beans into a colander and place in a bowl of ice water to stop the cooking. Drain well, eat cold or freeze for later use.

Quick Tips:

- Do not wash green beans until ready to eat.
- To keep fresh, store in a loosely closed plastic bag in the refrigerator. Eat within 3-5 days.

Ways to eat green beans:

Eat raw: Enjoy with hummus or low-fat ranch for a healthy snack. Chop them into thirds or thin slices and add them to green salads and pasta salads!

Stir-fry: Heat 2 tablespoons of oil in a pan over medium-high heat; add beans and cook, stirring frequently, until tender-crisp [about 5 minutes]. For extra flavor, add minced garlic and/or ginger (or 1/2 teaspoon of garlic and/or ginger powder) half-way through cooking. Season with salt and pepper, or soy sauce and red pepper flakes for a tasty twist.

Microwave: Place trimmed green beans in a microwave safe dish with 1/4 cup of water. Cook 3-5 minutes on high, then drain. Season with salt and pepper and your favorite seasonings.

Bake: Dip trimmed beans in whisked egg and dip into bread crumbs mixed and your favorite seasonings. Spray coated beans with cooking spray and bake at 425°F for 10 minutes, flip and bake for another 2-5 minutes until they are crispy.

Add to soups & stews: Cook beans for about 5 minutes in simmering liquid.



Ingredients

Fresh Green Beans - $\frac{1}{2}$ lb

White Beans - 1 can

Choice of Vegetable - 1 can

Dressing:

Apple Cider Vinegar - $\frac{1}{4}$ cup

Olive Oil - $\frac{1}{4}$ cup

Parsley - 1 tablespoon

Dried Chives - 2 tablespoons

Salt - $\frac{1}{4}$ teaspoon

Black Pepper - to taste

Picnic Bean Salad

SERVES
6

Directions:

1. Trim green beans and cut to desired size. (thin slices shown here)
2. Simmer beans in boiling water for 3-5 minutes then drain and cool in ice water.
3. While beans cook, drain and rinse canned vegetables.
4. Mix dressing ingredients together in medium bowl.
5. Add all vegetables to the dressing and mix.
6. Chill and marinate for at least 30 minutes for best flavor.

Tip

Try adding your choice of canned vegetables like corn, carrots, and peas to add some healthy, flavorful variety!



Ingredients

Fresh Green Beans - 4 cups

Ground Turkey - 1 lb

Cooking Oil - 2 tablespoons

Garlic - 4 cloves

Soy Sauce - 2 tablespoons

Red Pepper Flakes - $\frac{1}{2}$ teaspoon

Garlicky Green Beans and Turkey Stir Fry

SERVES
6

Directions:

1. Heat oil in a large skillet over medium high heat. When hot add green beans and stir fry for 2 minutes.
2. Move beans to one side of the pan and add ground turkey to the other side. Cook until turkey is browned and cooked through.
3. Add garlic and soy sauce, mix beans and turkey together. Cook for another 2 minutes.
4. Serve over rice or noodles. Add red pepper flakes for a spicy kick.