

green beans

select

Choose fresh beans that snap easily when bent.

store

Refrigerate green beans in a plastic bag.
Use within 7 days.

prepare

Remove the ends off the green beans.
Rinse with running water before cooking.

1 pound = 3 cups raw green beans



southern green beans

- 1 pound fresh green beans
- ¼ cup finely chopped onion
- ¼ cup chopped ham
- 1 tablespoon olive oil or butter
- salt and black pepper to taste

step 1 Snap the ends off the green beans and rinse the beans in water.

step 2 Place the green beans in a pan of boiling water over medium high heat. Cover and cook beans for 6 to 8 minutes. Drain off the water.

step 3 Heat the oil in a large skillet. Add the onions and ham. Stir and cook for 2 to 3 minutes.

step 4 Add the cooked green beans and ¼ cup water to the skillet. Stir and cook for 4 to 5 minutes.

Makes 6 servings - One serving (½ cup) has 56 calories, 2.5 gms fat, 54 mg sodium and 3 gms fiber.



roasted green beans

- 1 pound fresh green beans
- 1 tablespoon olive oil or vegetable oil
- salt and black pepper to taste

step 1 Snap the ends off the green beans and rinse the beans in water.

step 2 Lay the green beans on a metal baking sheet.

step 3 Drizzle the oil, salt and pepper over the beans. Toss to coat.

step 4 Roast in a 425° oven for 15 to 18 minutes. Stir the beans a couple times while roasting.

Makes 6 servings - One serving (½ cup) has 44 calories, 2 gms fat, 10.5 mg sodium and 2.5 gms fiber.

Little kids (and moms & dads) like veggies that are tender and crisp.

Try roasted green beans!