**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

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**southern green beans**

1 pound fresh green beans
1/4 cup finely chopped onion
1/4 cup chopped ham
1 tablespoon olive oil or butter

**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 1/4 cup water to the skillet. Stir and cook for 4 to 5 minutes.

Makes 6 servings - One serving (1/2 cup) has
- 140 calories, 2.5 gms fat, 945 mg sodium and 3 gms fiber.

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**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°F oven for 15 to 18 minutes. Stir the beans a couple times while roasting.

Makes 6 servings - One serving (1/2 cup) has
- 144 calories, 2 gms fat, 10.6 mg sodium and 2.5 gms fiber.

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Little kids (and moms & dads) like veggies that are tender and crisp.
Try roasted green beans!