



## GREEN BEANS

*Eat 5 or more servings of fruits and vegetables every day!*

### FARMERS' MARKET SEASON

Mid June to August

### BUYING TIPS

Select beans that have a fresh bright skin and velvety touch. They should snap with a clean break without strings. Look for even shape, plump beans with few strings. The length of the bean is not related to quality.

*Do not buy beans:*

- With seeds that are visible through the skin (these are tough and old)
- With dull appearance
- That have wilted or tough skins
- Are woody or stringy
- That have holes/spots, brown skin, insects or worms.

### STORAGE

Green beans are best when eaten soon after picking. Store unwashed in a plastic bag in the refrigerator. They can be stored up to two weeks in the refrigerator. Can be frozen-call your county Extension office for information.

### PREPARATION

Wash thoroughly in cold water. Snap or cut off about ¼ inch off both ends of each bean. Green beans may be left whole or cut into bite size pieces. Cook by steaming or boiling in a small amount of water, uncovered about 12-15 minutes just until crisp tender. They are also delicious raw or can be added directly to soup, stew, or stir-fry

### KEY NUTRIENTS

Fiber to help prevent constipation.

### RECIPES

#### *Vegetable Stir-Fry*

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 cup washed, raw potatoes cut into thin strips
- 1 cup fresh carrots, thinly sliced
- 1 cup fresh green beans, cut in 2-inch pieces
- 1 cup celery, thinly sliced
- 2 tablespoons soy sauce
- 4 cups shredded lettuce

In a large skillet, heat the oil. Add onions to the skillet. When onions are soft, add potatoes. When potatoes are almost soft, add carrots, beans, and celery, stirring quickly until vegetables are tender but still crisp, about 6-8 minutes. Stir in soy sauce; cover skillet and let steam for 3 minutes. Add lettuce and stir 1 minute longer. Serve with rice, pasta, or your favorite grain. Serves 4 to 6.

#### *Almond-Crunch Beans*

- 1 pound fresh beans
- ½ cup water
- 2 tablespoons margarine or butter
- ¾ teaspoon salt
- 3 tablespoons toasted slivered almonds

Cut beans in 1-inch pieces. Cook and stir beans, water, margarine and salt in 12-inch skillet over medium heat until margarine is melted. Cover and cook until beans are tender, 20 to 25 minutes. Stir in almonds. 3 or 4 servings.

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