

Green Beans

Key Points

- For the best buy choose firm, crisp fresh green beans.
- To prepare fresh green beans, rinse and remove ends before eating.
- To store fresh green beans, put in a loosely closed plastic bag and store in the refrigerator for 3 to 5 days.
- Green beans contain vitamin A, which is good for healthy eyes and skin.



Green Bean Stir-Fry with Corn

Ingredients:

2 tablespoons vegetable oil
2 garlic cloves, minced
1 jalapeno, seeded and minced
4 cups chopped green beans
1 cup corn
2 tablespoons chopped scallions
1 cup chopped cilantro
2 tablespoons low sodium soy sauce
1 teaspoon honey

Directions:

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeno and cook 1 minute. Stir constantly.
3. Add green beans, corn, and scallions. Mix well. Cook until green beans are soft, about 4-5 minutes. Stir often.
4. Reduce heat to medium, add cilantro, soy sauce, and honey. Stir well. Cook 1 more minute.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Adapted from Bon Appetit.

Green Bean and Cherry Tomato Salad

Ingredients:

4 cups chopped green beans
4 cups cherry tomatoes, halved
1/4 cup sliced fresh basil
3 tablespoons vegetable oil
2 tablespoons apple cider vinegar
3 tablespoons minced shallots
1/8 teaspoon crushed red pepper flakes (optional)

Directions:

1. Bring 2 cups of water to boil in a large pot over high heat.
2. Add green beans and cook 4 minutes.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes, and basil in a large bowl.
5. In a small bowl, make dressing: combine oil, vinegar, shallots, and red pepper flakes. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 8 servings.

*Adapted from
www.smittenkitchen.com*

Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Chop fresh green beans and add them to a tossed salad for some crunch.
- Cook in a frying pan with garlic and a small amount of olive oil for a tasty side dish.
- **Kids can help!** Breaking green beans in pieces is an easy, fun way to enjoy cooking with your child!

Visit our website at www.jsyfruitveggies.org for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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