

Cleveland County Kitchen

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July 2016



Nutrition Facts Label for Green Beans

Nutrition Facts

Serving Size 1 cup raw green beans (100g)
Serving Per Container 1

Amount Per Serving			
Calories	30	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	7g		2%
Dietary Fiber	3g		12%
Sugars	3g		

Protein		2g	
Vitamin A	15%	Vitamin C	20%
Calcium	4%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Food of the Month - Green Beans

Green beans are a warm weather crop that are grown in many home vegetable gardens as well as by farmers and growers for local farmers' markets. They are one of America's favorite vegetables and can be enjoyed many different ways. The growing season for green beans in our area is summer through early fall. But we can often find fresh green beans year round at grocery stores and regional markets.

Green beans, which may also be called "string beans" (because of the fibrous string that ran along the seam of the bean pod in many earlier varieties) or snap beans (because of the

familiar 'snapping' sound heard when the beans are broken), are available either as bush or pole beans.

We are able to enjoy 'string-less' green beans today because of plant breeding techniques that have produced a more modern, stringless and tasty vegetable.

All beans are part of the legume family. There are two basic categories of green beans – edible pod beans and shell beans (that are eaten when mature and the bean is dry).

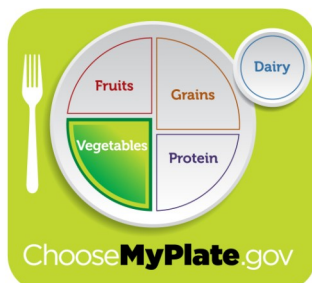


Green Beans - A Tasty, Nutritious Vegetable

Green beans are a non-starchy vegetable that have similar nutrients as those found in: onions, lettuce, celery, and cabbage. Green beans have a mild flavor and are:

- High in vitamins A and C
- Good source of folate, potassium, antioxidants, and fiber
- Low in calories (approximately 30 calories per one-cup serving)
- Low in sodium, and fat-free

See the Nutrition Facts Label shown to the left for additional information. Green beans are one of the nutritious vegetables that can help you make half your plate fruits and vegetables. See the ChooseMyPlate icon below as a guide



Selection

Whether picking from the garden or at the farmers' market, select green beans that are:

- Straight, slender, smooth, and firm
- Brightly colored – green pods that look fresh and crisp
- Crisp pods that have a slightly velvet-like feel over the pod
- Blemish-free pods with small seeds (beans) inside

Avoid:

- Over-mature, large beans (they will be tough, stringy, and have a starchy taste)
- Bulging pods that are large and show large seeds (beans) inside
- Discard beans that have rust spots, scars, or are turning brown



Storage

- Store unwashed in a plastic bag in refrigerator vegetable crisper
- Use within 3-5 days

Preparation

- Just before cooking, clean beans by rinsing and scrubbing well with several changes of cold water.
- Remove stems and strings. Break or cut into pieces or leave small beans whole.
- Green beans can be prepared several ways, as a side dish or steamed and added to soups or salads
- Green beans can be steamed, boiled/simmered, broiled, roasted, grilled or stir-fried with other vegetables

To Freeze

Green beans can be preserved for long-term storage by canning, drying or freezing. Freezing is the best and easiest way to preserve green beans for extended use.

Select young tender green bean pods with small seeds (beans) inside.

Wash in cold water. Trim ends and cut into 2-4 inch lengths. Blanch 3 minutes. Cool and drain. Pack beans into plastic: freezer bags, freezer jars, or freezer containers or vacuum package. Seal, label and freeze.

To Can, Dehydrate or Preserve in Other Ways - If canned, green beans, a low-acid vegetable, must be processed in a pressure canner. For information on pressure canning, dehydrating or pickling green beans, contact your local Cooperative Extension Center or see the National Center for Home Food Preservation website at: http://nchfp.uga.edu/how/can_04/beans_snap_italian.html



Serving Ideas

Green beans are easy to prepare and can be served raw with a creamy dip, cooked as a side dish, cooked directly in soups or stews; or cooked and added to salads, casseroles and other creative dishes.

- Steaming – place green beans in a steamer. Place steamer basket in a skillet or sauce pan with about 2 inches of water. Cover and bring to a boil; boil about 5-8 minutes, or until crisp-tender or to desired doneness and beans are a bright green color. Add desired seasonings and heat through over a low setting. Serve hot or allow to cool and chop into ¼ - ½ inch pieces and add to pasta or a green salad.
- Seasonings that enhance the flavor of green beans – pepper, salt, chives, dill, marjoram, mint, ginger, oregano, thyme, lemon, mustard, garlic, onion, and soy sauce.

Summer Green Bean Salad

Ingredients:

1 pound (approximately 3 cups) green beans, washed and trimmed.
 1 pint cherry tomatoes, cut in half
 2 ears corn, cooked and cut off the cob
 4 ounces (approximately 1/3 cup) ricotta salata or feta, shredded finely or crumbled

3 Tablespoons sherry vinegar
 1 teaspoon Dijon mustard
 4 tablespoons olive oil
 1 cup packed basil leaves, cut into thin ribbons (chiffonade)
 Salt to taste

1. Cook the green beans in salted water until just done - do not overcook. Chill well (approximately 15-30 minutes).
2. In a large bowl, combine the cherry tomatoes, corn, and green beans.
3. Add cheese to the vegetable mixture.
4. Make the vinaigrette by combining the vinegar and mustard then add the oil in a thin stream while beating.
5. Add the dressing to the vegetable mixture.
6. Top with the basil.
7. Salt to taste.

Serving size: 1-1/2 cups, Calories: 169, Carbohydrates: 14g, Fiber: 3g, Protein: 5g, Fat: 11g, Sodium: 41g

Source: NC Cooperative Extension, NCSU



Photo: medinsteadofmeds.com

Oven Roasted Green Beans

Ingredients:

1 pound of fresh green beans
 1 to 2 tablespoons olive oil
 Salt and Pepper

Directions:

1. Place rack on the center level in the oven, and pre-heat to 450°F.
2. Line baking sheet with aluminum foil.
3. Wash beans, and snap the stems off.
4. Spread beans evenly on baking sheet.
5. Drizzle oil over beans, then toss by hand to coat beans.
6. Spread beans evenly on baking sheet again, and place in heated oven.
7. Roast for 10 minutes.
8. Remove sheet from oven, and turn beans over with spatula - beans will be browned in spots.
9. Place sheet back in the oven, and cook another 7-10 minutes.
10. Lightly sprinkle with salt and pepper.
11. Remove from baking sheet and serve. Source: Food Sense, Utah State University Cooperative Extension, Green Beans and More



Photo: NC Research Campus

Green Beans Almondine

2 Tablespoons butter, margarine, or olive oil
 3 cups fat-free, less-sodium chicken broth
 1/2 teaspoon salt
 1/4 cup water
 1/4 cup sliced almonds, toasted

3 pounds green beans, trimmed
 3/4 teaspoon fresh ground black pepper
 2 Tablespoons corn starch
 2 Tablespoons lemon juice

Melt butter in a large skillet over medium-high heat. Add beans; sauté 5 minutes.

Add broth, pepper and salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Combine cornstarch and water; add to skillet. Bring to a boil, and cook 1 minute, stirring constantly. Stir in lemon juice.

Sprinkle with toasted almonds just before serving.

Nutrition: 8 Servings. Serving Size: 1 cup

Calories: 137, Carbohydrate: 15g, Fiber: 4g, Fat: 8g, Protein: 5g, Cholesterol: 16mg, Sodium: 448mg

Source: WV University Extension, Farmers Market Fun Family Recipes - Green Beans

Developed by: Nancy Abasiokong, Extension Agent, Family & Consumer Sciences and Annie Thompson, Extension Admin. Assistant

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Fresh Green Bean Stir-Fry

Ingredients:

1-1/2 pounds fresh green beans	1 tablespoon flour	2 tablespoons canola oil
1 medium red bell pepper	1 teaspoon coarse black pepper	2-3 fresh garlic cloves, diced
1 medium yellow bell pepper	1 tablespoon brown sugar, packed	1/2 cup sliced almonds
1 small yellow onion	1-1/2 tablespoons fresh lemon juice	3 tablespoons soy sauce

Directions:

Preheat oven to 400°F.

Wash beans. Trim the ends off the green beans and cut into 1/2" pieces. Place green beans in a medium saucepan and cover with water. Bring to a boil and cook for 3 minutes or until beans are tender crisp. Drain and pour beans into a bowl of ice water to cool. Drain and pat dry.

Core peppers and cut into thin strips.

Peel onion and slice into thin strips.

Spread the sliced almonds on a baking sheet, bake with the rack in the top position at 400°F until lightly browned, 3 to 5 minutes.

Mix the flour, black pepper and brown sugar together in a small bowl; stir in soy sauce and lemon juice until smooth. A tablespoon of cold water can be added if sauce is too thick.

In a large skillet or wok, add the canola oil and heat to medium high.

Add onion and stir-fry for 1 minute.

Add garlic and peppers and stir-fry for 2 minutes.

Add beans and stir-fry for an additional 2 minutes.

Add sauce and toss/cook until sauce evenly coats the beans.

Remove to serving plate and sprinkle with the sliced almonds.

Source: UK Cooperative Extension, Kentucky Proud Plate it Up!



Seasoned Green Beans

Ingredients

1 pound fresh green beans (or frozen - about 3-1/2 cups)
 2 T olive oil
 1 clove garlic, minced
 1 large onion, chopped
 1 cup low-sodium chicken broth, additional if needed
 1/2 cup chopped red bell pepper or sliced fresh mushrooms
 1/2 to 1 teaspoon kosher salt (or 1/4 to 1/2 tsp regular table salt)
 Ground black pepper, to taste



Directions

1. Wash beans and snap the stem ends off, leave whole or snap into pieces.
2. Heat olive oil or melt butter in a skillet over medium-low heat. Add the onions, red pepper and garlic and cook until they start to soften.
3. Add the green beans and low-sodium chicken broth, salt and pepper to taste.
4. Cover skillet with a lid, turn heat to low. Simmer until beans are fairly soft, but still a bit crisp, about 20 to 30 minutes. Add more chicken broth during cooking time, if needed.
5. Adjust seasonings and serve.