

Vegetable of the Week - Green Beans



When are green beans in season?

May to October

What to look for in green beans:

Slender, smooth, crisp, and bright beans pods. Beans should “snap” with a clean break when twisted. Avoid stringy or tough skins and skins damaged by insects or worms.

How do I store green beans?

Snap beans are best eaten 3- 5 days after picking.
Store in the refrigerator.

How do I prepare them?

Wash the beans well. Snap off about 1/4 inch of both ends of each bean. The bean can be left whole or snap into bite size pieces. Cook by boiling, steaming, or micro-waving. Boil or steam for about 25-30 minutes. Microwave for about 6-10 minutes. Microwaving or steaming preserves nutrient value. One pound makes about 4 servings.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?



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STEPS TO A HEALTHIER YOU

Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Louisiana Green Beans



- 1 pound fresh green beans rinsed and stemmed
- 2 cups canned tomatoes
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1/2 teaspoon onion powder

Cook green beans until tender. Drain. In a skillet combine green beans, tomatoes, celery, green pepper, and onion powder. Cook over medium heat 15 minutes or until thoroughly heated. Serves 8

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.