



# Green Beans

The magical pod!



## Nutritional Benefit:

- 1 cup of green beans have only 45 calories
- Excellent source of manganese and vitamins K and C.

## How to Pick, Store, & Prepare:

- Choose green beans that are deep green and without any brown spots.
- A fresh bean will have a velvety touch and make a snapping noise when broken.
- Store unwashed green beans in a perforated bag in the crisper drawer of the refrigerator and use within a few days.
- Before use, wash and trim the ends off.
- Blanched green beans can be frozen and used within six months.



## How to Increase Consumption:

- Beans can be steamed, micro waved or stir-fried.
- Enjoy raw green beans with dip for a quick snack.
- Green beans are a great addition to stir fry's and summer salads.
- Top steamed green beans with a drizzle of olive oil and toasted almonds.

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# Green Bean Recipe

## Chunky Bean and Tomato Salad

Serves 8

### **Ingredients:**

- ¾ lb. yellow beans, trimmed
- ¾ lb. green beans, trimmed
- 2 cups chopped Roma tomatoes
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup thinly sliced fresh basil
- ⅓ cup crumbled feta cheese



### **Directions:**

In a large saucepan, cook beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water. In a bowl, stir together tomatoes, vinegar, oil, salt and pepper. Divide the beans evenly among 8 plates, top with ¼ cup tomato mixture, then 1 Tbsp. basil and about 2 tsp. feta cheese. Serve chilled.

Per serving: 70 calories, 3 g fat, 3 g protein, 8 g carbohydrate, 3 g fiber, 220 mg sodium

**\*This recipe is a Foot Steps to Health Recipe and 500 Club Approved\***

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>