



# Green Beans

Vegetable - Legumes

## Food Facts

**Serving Size** ≈ 1 Cup

- **"Lean Beans!"** - Rich in nutrients and are great sources of fiber and antioxidants whether fresh, frozen, or canned!
- **Storage** - Store fresh green beans in the refrigerator, preferably in a perforated plastic bag or with a damp paper towel.
- **Freezing** - Blanch green beans in boiling water for 2-3 minutes, then transfer to an ice bath. Freeze in airtight containers for longer storage, up to 12 months.



## How to Use

- **Stir-Fry** - Add green beans to stir-fry for a crunchy and vibrant addition to the dish.
- **Roast** - Toss green beans with olive oil, garlic, and your favorite spices, then roast until caramelized.
- **Steam or boil** - Steam or boil green beans until tender-crisp, then season with olive oil, lemon, and herbs.

# Flavorful Green Beans

Serves: 7

## Ingredients

- 2 lbs** Green Beans Fresh
- 1/2 cup** Water
- 1/3 cup** Onions chopped
- 4 cloves** Garlic chopped
- 1/2 tsp** Black Pepper
- 1/2 tsp** Basil Dried
- 1/2 tsp** Oregano Dried
- Nonstick Cooking Spray

## Instructions

1. Place green beans in a large pot and add  $\frac{1}{2}$  cup of cold water.
2. Cook green beans on stovetop over medium heat for 10 minutes.
3. In a separate medium pan, sauté chopped onions and garlic, using the cooking spray, for 5 minutes or until they are tender and lightly browned.
4. Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender, but not soft. Stir occasionally.
5. Sprinkle dried basil and oregano over green beans. Mix and serve.



## Nutrition Facts

Serving Size 1.00 cup  
Serving Per Container 7

Amount Per Serving

**Calories 40**

% Daily Value\*

**Sodium 12 mg** 1%

**Total Carbohydrate 9 g** 3%

Dietary Fiber 4 g 14%

**Protein 2 g**

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

*This institution is an equal opportunity provider*

SCAN FOR MORE INFO

