

Green beans are also known as **string beans** or **snap beans**.

Try adding other seasonings like garlic powder, lemon zest or parmesan cheese.



Grow Your Own:

Pole and bush beans are easy and fun to grow. You can even grow them in containers!

Check out FoodHero.org/garden-tips to learn more.



Did you know?

Green beans contain vitamin C, a nutrient that helps our bodies fight infections. Try our Roasted Green Beans for a healthy helping of vitamin C!

Roasted Green Beans



Ingredients

- 1 pound fresh **green beans**
- 1 Tablespoon **vegetable oil**
- $\frac{1}{2}$ teaspoon **salt**
- $\frac{1}{8}$ teaspoon **black pepper**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Put the green beans in a deep bowl.
4. Drizzle the beans with the oil, then sprinkle them with the salt and pepper. Toss to coat.
5. Place the beans on a baking sheet and roast them for 15 to 18 minutes. Stir the beans a couple of times while roasting.
6. Refrigerate leftovers within 2 hours.



Kids Can!

Food Hero Cooking Class Challenge

It's fun to taste food that you helped make! You can help by:

- snapping the ends off green beans.
- measuring and mixing the seasonings.

