



Give Them More  
of the  
Good Stuff!

# Green Bean Basics



## Shop and Save

- ☼ Choose fresh green beans with a bright green color and firm texture; they should snap easily when bent.
- ☼ Beans should be mostly smooth on the surface. Large bumps may mean that the bean is less tender to eat.
- ☼ Fresh green beans may cost less when in season locally. In Oregon, this is usually July through September.
- ☼ Frozen and canned green beans can save you money and time for most recipes.
- ☼ Look at unit price tags on the grocery store shelf to compare the cost of different brands and package sizes of green beans.

Green beans are a good source of vitamin K and vitamin C.



1 pound fresh green beans =  
about 3 cups when cut or  
2 cups cooked



- in airtight containers, label and use within 8 to 12 months.
- Canned beans are safe to eat up to 2 to 5 years after the 'best by' date as long as the can shows no dents, rust or swelling. After opening, refrigerate for up to 3 to 4 days.

## Store Well Waste Less

- Refrigerate fresh green beans in an open or perforated bag. Rinse under running water just before using.
- Freeze fresh green beans for longer storage. For best color and flavor, blanch first. Package

## Types of Canned and Frozen Green Beans

Whole



Cut - Beans sliced crosswise.



Julienned or French Cut - Beans sliced lengthwise.



For color variety, try **yellow wax beans**. Use them just like green beans.



Green beans are also known as string beans or snap beans



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Green Beans

## Honey Mustard Green Beans

### Ingredients:

- 1 Tablespoon prepared **mustard**
- 3 Tablespoons **honey**
- 3 Tablespoons **vinegar**
- 4 cups **green beans** (cooked from fresh, frozen, or canned, rinsed and drained)

### Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey and vinegar. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

### Notes:

- 🌱 4 cups of green beans is about 1½ pounds fresh, 16 ounces frozen or 2 cans (15 ounces each).
- 🌱 Honey is not recommended for children under 1 year old.

**Makes** 4 cups

**Prep time:** 10 minutes

**Cook time:** 15 minutes

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty green bean recipes

## Bean Salad

### Ingredients:

- ¼ cup **vinegar**
- ¼ cup **sugar**
- 2 Tablespoons **vegetable oil**
- ¼ teaspoon each **salt** and **pepper** (optional)
- 4 cans (15 ounces each) **beans**, drained and rinsed (try a mix of any type)
- 2 cups chopped **vegetables** (try a mix, such as onion, carrot, celery, bell pepper)

### Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together vinegar, sugar and oil. Add salt and pepper, if desired.
3. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.
4. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 10 minutes

## Cook Fresh Green Beans

Leave whole or cut to any size. Snap or cut off the stems and ends, if desired. Use any of these cooking methods to reach the tenderness you like.

🌱 **Boil** - Add beans to boiling water, cover and cook 3 to 8 minutes.

🌱 **Microwave** - Place beans in a covered dish with 2 Tablespoons water. Microwave on high for 2 minutes and test for doneness. Add 30 seconds more and test again. Continue until done.

🌱 **Steam** - Add beans to a steamer basket over boiling water. Cover and cook for 3 to 7 minutes.

🌱 **Sauté or Stir-fry** - Heat beans in a small amount of vegetable oil over medium-high heat. Stir occasionally for 5 to 10 minutes.



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌱 **rinse fresh vegetables under cool running water.**
- 🌱 **use a can opener and safely handle sharp lids.**
- 🌱 **measure and mix ingredients.**

## Green Bean Topping Ideas

*Dried cranberries or chopped nuts*

*Chopped ham or crumbled bacon*

*Lowfat Italian salad dressing*