

Green Beans

Ejotes



Selection

When selecting and buying beans, if you can see the developing bean through the pod then the bean is over mature and should be shelled.

Green and wax beans are a tender, warm season vegetable that ranks second to tomato in popularity in home gardens.

Uses

Tiny immature green beans from any variety are delicious served raw in salads. They are tender and mildly flavored. Mature green beans need to be cooked or blanched before eating. Only the stems need to be removed.

Try It!



GREEN BEAN AND MUSHROOM MEDLEY

Ingredients

- 3 cups green beans (cut into 1" lengths)
- 2 carrots (cut into thick strips)
- 3 tablespoons olive oil
- 1 onion (large, sliced)
- 1 pound mushroom (sliced)
- 1 teaspoon lemon pepper seasoning
- 1/2 tablespoon garlic salt
- 1/4 cup almonds (toasted, slivered)

Instructions

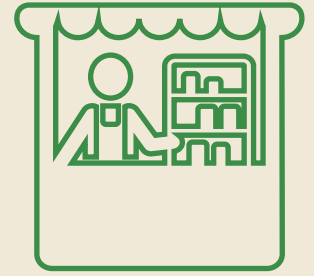
1. Place green beans and carrots in 1 inch of boiling water. Cover and cook until tender but still firm. Drain
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes.
3. Stir in green beans, carrots, Lemon pepper and garlic salt. Cover, and cook for 5 minutes over medium heat.

History & Fun Facts

Snap beans, string beans, and pole beans are immature pod and beans of dried legumes. All of these will mature to produce fat seeds and tough inedible pods.

Green beans can be frozen, dried, or canned. All vegetables must be blanched before freezing.

Un-blanched vegetables quickly become tough and suffer huge nutrient and color loss.



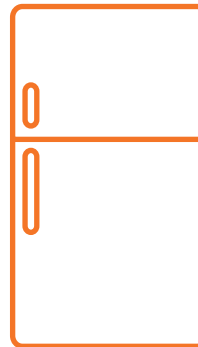
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Do not wash beans before storing in refrigerator.
- Wash fruits and vegetables under running water just before eating, cutting, or cooking.
- Beans can be stored for up to 3 days in a plastic bag in crisper drawer of fridge.



NUTRITION FACTS

- Cholesterol free
- Sodium free
- Good source of Vitamin C
- Good source of fiber
- Good source of carbohydrates



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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