GREEN BEANS

Did you know that fresh beans typically are classified into two categories based on how they grow? **Bush beans** are the mounding types, which grow closer to the ground, about 1 to 2 feet high. **Pole beans** are “runner” or vining beans that grow very tall and usually need some sort of support structure to hold them up. You likely know that **green beans** also are called snap or string beans and are the most popular pod bean in the U.S.! Learn more below.

Fun facts about green beans!

- Green beans provide the body with lots of fiber and protein and are very low in fat, while containing antioxidants, vitamins A and C, folate, magnesium and potassium.
- Green beans need to be cooked before eating them and the most popular ways to prepare them are steaming, sautéing/stir-frying and baking them in casseroles. You can cook beans with herbs like parsley, thyme, garlic and chives to enhance their flavor.
- Green beans are native to the South American country of Peru, and migrating Indians introduced it to the inhabitants of North and Central America.
- You may have heard the green bean being called a string bean, owing to the string that runs along the side of the pod. Since the string is not palatable, it has to be removed prior to cooking, so fortunately, a “stringless” variety has been developed.

Some information adapted from:

Check out the May Commit to Health Foods of the Month newsletter for more information about fresh beans and nutritious, yummy recipes!
PIZZA GREEN BEANS
(6 servings)

**INGREDIENTS:**
- 1 (14.5 oz) canned diced tomatoes, drained
- 3 (14.5 oz) cans of green beans (not drained), or 4-5 cups cooked green beans
- ½ to 1 tsp dried oregano (depending on your taste)
- 1 clove garlic, minced (or 1 tsp pre-minced garlic, or ¼ tsp powdered garlic)
- Salt and pepper to taste

**INSTRUCTIONS:**
1. Combine tomatoes and green beans with their liquid in a pot. (If using cooked green beans, add about ¼ cup vegetable or chicken broth in place of liquid from canned beans)
2. Add oregano, garlic, salt and pepper to taste, stir well
3. Bring to a light boil over medium high heat and cook for 5 minutes stirring occasionally
4. Reduce heat and simmer uncovered for 5 more minutes. Enjoy!

Note: Sprinkle with grated Parmesan cheese if you want!

Recipe adapted from:
recipe by Danielle Hollar, PhD

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SAUTÉED GREEN BEANS
(4 servings)

**INGREDIENTS:**
- 1 ½ Tbsp olive oil
- ¾ lb. fresh green beans, trimmed
- ½ tsp onion salt (or ¼ tsp onion powder and ½ tsp salt)
- ½ tsp garlic salt (or ¼ tsp garlic powder and ½ tsp salt)
- ½ tsp garlic powder
- Freshly ground pepper to taste

**INSTRUCTIONS:**
1. Heat olive oil in a skillet over medium heat.
2. Add green beans, onion salt, garlic salt, garlic powder and black pepper, mix and cook until desired tenderness is reached, 5 to 10 minutes.

Recipe adapted from:
https://www.allrecipes.com/recipe/244868/sauteed-garden-fresh-green-beans/