

# SUMMER FRESH! GREEN BEANS



## 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:  
<http://servingjoy.com/fun-facts-of-green-beans/>;  
[http://www.softschools.com/facts/plants/green\\_beans\\_facts/666/](http://www.softschools.com/facts/plants/green_beans_facts/666/)

**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 ¾ 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:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/pizza-green-beans-usda-recipe-schools/>  
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 ¼ tsp salt)
- ½ tsp garlic salt (or ¼ tsp garlic powder and ¼ 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/>



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