



# Green Beans

## What is in it for you?

One cup of raw snap green beans is:

- An excellent source of infection-fighting vitamin C
- A good source of heart-healthy fiber

## Produce Tips

- Green beans should look fresh with a bright green color
- Choose green beans that are plump and firm
- Place green beans in a plastic bag with small holes and store in a refrigerator



## Serving Ideas

- Toss raw green beans into a salad for an extra crunch
- Keep washed, cut green beans in the refrigerator for a quick and healthy snack
- Sprinkle lemon juice and dill over steamed green beans



## Fun Facts

- Green beans are often called *string beans* because originally a tough “string” ran on the outer curve of the shell.
- Green beans are also nicknamed *snap beans* from the noise made when snapping off the ends.
- The pod color of beans can be green, yellow, purple, red or streaked, but the bean color is always green.

**Market Basket of the Month** is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to [www.wellspan.org/marketbasket.org](http://www.wellspan.org/marketbasket.org) or scan the code.

