



Market Basket

Basket

of the month

March

The Market Basket of the Month featured vegetable is

GREEN BEANS



Simple Serving Tips

- Toss raw thin green beans with tiny cubes of cheese, sliced grape tomatoes and a low-fat Italian dressing.
- Add green beans to your favorite pasta salad.
- Sauté frozen green beans, sliced onions and minced garlic in 1-2 Tbsp. olive oil.

Produce Tips

- Look for green beans that have a bright green color.
- Choose beans that are slender, feel firm, and have no brown or soft spots.
- Put green beans in a plastic bag with small holes and refrigerate for up to one week.
- When buying canned green beans, choose low-sodium or rinse and drain before eating.

Green Beans with Tomatoes and Basil

Makes 6 servings

- 6 C. green beans (about 1 lb., may substitute with frozen)
- 1 T. oil (olive or vegetable)
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 T. fresh basil (or ½ teaspoon dried)
- 1 T. fresh parsley (or ½ teaspoon dried)
- salt and pepper

1. Rinse beans and snip off ends. Cook beans in a large pot of boiling water for 5 minutes – beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Add salt and pepper if you choose.

Source: USDA: What's Cooking?

Be sure to visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Leg Up Farm
- Lebanon Farmers Market
- Penn Market

Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)

Calories 16 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	

Vitamin A 7% Calcium 2%
Vitamin C 10% Iron 3%

Let's Move!

Card Deck Workout: Assign an exercise to each suit in a deck of cards. For example: Hearts = push-ups, Diamonds = jumping jacks, Spades = arm circles, Clubs = bicep curls, and Jokers = a 1-minute jog in place. Reps for each exercise match the number or face on the card - Jacks = 11, Queens and Kings = 12. If you turn over the 10 of Hearts, you would do 10 push-ups. Play by yourself or with family and friends, taking turns drawing a card. Try different exercises each time you play.

Balloon Frenzy: Blow up some balloons and place them in a small area. The challenge is to keep all balloons in the air without holding them. For an extra challenge – play without using your hands!

Commercial-cize: When watching TV, get up and move during commercial breaks. Try running in place, push-ups, or jumping jacks during each commercial.

Just the Facts

- Leaves of green bean plants have three lobes and smooth edges, and can be green or purple.
- Young green beans that are not thicker than a pencil taste best. If left on the vine too long, the green bean pods – the outside part of the bean – will become hard.



Market Basket of the Month is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: Wellspan.org/marketbasket.

