



Market Basket of the month

March

The Market Basket of the Month featured vegetable is

GREEN BEANS



Simple Serving Tips

- Mix green beans with sliced red cabbage, diced peaches, and balsamic vinaigrette for a simple side dish.
- Toss green beans with olive oil, salt, and pepper then roast in a 350 degree F oven for 15 minutes.

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 and Rice Casserole

Makes 6 servings

- 1/2 C. onion, chopped
- 2 tsp. vegetable oil
- 1/2 C. brown rice, uncooked
- 1 can (15 oz.) low-sodium green beans, drained
- 1 can (15 oz.) low-sodium diced tomatoes
- 1 C. water

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water to the pan.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Suggestion: Serve with baked chicken or fish for a complete meal.

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: 1/2 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!

Animal Action: Have one person act out an animal. Everyone else playing gets to guess what animal they are pretending to be. The first person who guesses correctly gets to act out the next animal. For an added challenge, try to do it without talking or making animal noises.

Hopscotch: Using sidewalk chalk outside, or masking tape inside, create a hopscotch board on the floor. Take turns jumping on the numbers while counting out loud. Try doing it on one foot!

Football Warm-Ups: Have one person be the coach. Everyone playing runs in place as fast as they can. When the coach says "drop", everyone quickly lays down on their stomach then gets back on their feet. See who can do it the fastest while staying safe. Take turns being the coach.

Just the Facts

- Each green bean pod contains 4 to 6 beans.
- Green beans are a good source of fiber, protein, and many different vitamins.
- Green bean pods have a string on them when picked, but it is removed before cooking.



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

