

Green Beans



Market
Basket
of the month

Serving Ideas:

Green beans can be found fresh, canned, or frozen – all forms are healthy!

- ◆ Heat together a can of drained green beans and a can of drained stewed tomatoes.
- ◆ Sprinkle lemon juice and your favorite seasoning over steamed or microwaved fresh or frozen green beans.
- ◆ Toss raw thin fresh green beans into salads or stir-fry recipes

Tip:

Rinse canned green beans to lower salt or look for cans labeled “low-salt.”

How to Store:

Put fresh green beans in a plastic bag with small holes and refrigerate for up to one week.

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Green Beans with Onions and Almonds

Makes 4 cups

Ingredients:

- 1 Tablespoon margarine
- 1 small onion (1/2 cup. chopped or sliced)
- 1/4 cup almonds, chopped, sliced or slivered
- 2 Tablespoon brown sugar
- 2 Tablespoons orange juice (juice from 1/4 orange)
- 1 Tablespoon mustard
- 4 cups green beans, fresh (cooked), frozen or canned (drained)



Directions:

1. Melt margarine in a medium skillet over medium heat. Add onion and almonds and cook until onions are tender.
2. In a small bowl, mix together brown sugar, orange juice and mustard. Stir into onion mixture.
3. Cook 2 to 3 minutes, until sauce begins to thicken. Stir in green beans and cook for 3 to 5 minutes, or until heated through.
4. Refrigerate leftovers within 2 hours.

Source: www.foodhero.org

Marinated Three Bean Salad

Makes 4 servings

Ingredients:

- 1/2 can lima beans (15 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and separated into two rings)
- 1/2 cup bell pepper (chopped sweet green)
- 8 ounces Italian salad dressing (fat-free)



Directions:

1. Drain the canned beans
2. Peel and slice the onion and separate into rings
3. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
6. Drain before serving.

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program