



Market Basket of the Month

Featured Produce: Green Beans & Plums

Green Beans and Tomato Sauté

Serves 4

Ingredients:

1 tsp. extra-virgin olive oil
1 lb. fresh green beans, trimmed
1 tsp. garlic, minced
1 cup cherry tomatoes, halved
1 tbsp. balsamic vinegar
Sea salt and pepper to taste

Heat oil in a large skillet or pan over medium-high heat. Add green beans and cook; stirring often until seared in spots, about 2–3 minutes. Push beans to the side; add garlic and additional olive oil if necessary; cook until fragrant, about 20-30 seconds. Cover green beans and reduce temperature setting to low. Cook over low heat for 8-10 minutes. (If using cookware other than multi-ply stainless steel, cover green beans with water, reduce heat to medium-low and continue to cook until beans are tender.) Add tomatoes and stir. Once green beans are cooked, remove from heat; stir in balsamic vinegar, sea salt and pepper. Serve.

Nutrition Information:

60 calories; 1.5g total fat; 0g saturated; 2% calories for fat; 2g protein; 10g carbohydrates; 0mg cholesterol; 4g dietary fiber; 10mg sodium.

Source: www.fruitsandveggiesmorematters.org

Green Beans Sauté

Serves 4

Ingredients:

1 lb. fresh or frozen green beans, cut in 1 inch pieces
1 Tbsp. vegetable oil
1 large yellow onion, halved lengthwise, thinly sliced
1/2 tsp. salt
1/8 tsp. black pepper
1 Tbsp. fresh parsley, minced

If using fresh green beans, cook in boiling water for 10-12 minutes or steam for 2-3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first. Heat oil in large skillet, sauté onion until golden. Stir in green beans, salt, and pepper. Heat through. Before serving, toss with parsley.

Nutrition Information: Serving size; ¼ cup

64 calories; 4g total fat; 1g saturated fat; 0mg cholesterol; 282 mg sodium; 3g total fiber; 2g protein; 8g carbohydrates; 161mg potassium.

Source: National Heart, Lung, and Blood Institute

Green Beans & Potatoes

Serves: 6

Ingredients:

1 pound red potatoes
1/4 cup olive oil
1 Tbsp. copped garlic
1 1/2 Tbsp. finely chopped fresh rosemary
1 tsp. grated lemon zest
1/4 tsp. red chili flakes
1 pound green beans, trimmed and blanched*
2 tsp. lemon juice
Salt

Simmer potatoes until tender, drain and cool. Quarter potatoes lengthwise. Set aside. In large sauté pan, heat oil; add garlic and sizzle for 30 seconds. Add rosemary, lemon zest and chili flakes; sizzle until fragrant. Add potatoes and beans; sauté until vegetables are hot and coated with seasonings. Sprinkle with lemon juice; season with salt. Serve warm.

*To blanch, drop string beans into boiling water. Boil for 3 minutes. Remove beans and place in cool water.

Source: www.fruitsandveggiesmorematters.org

Quick Green Beans

Serves: 4

Ingredients:

1 pound fresh green beans
1/3 cup sliced red onion
1 clove garlic, crushed
1/4 cup fat free vinaigrette salad dressing (or your favorite salad dressing)
2 Tbsp. slivered almonds

Bring a pot of water to a boil. Meanwhile, wash the beans and snip off stems. Cut beans into 2 inch long pieces. Add beans to boiling water and boil for 4-5 minutes until they are bright green in color. Remove beans to serving container. Add onion, crushed garlic and salad dressing and mix. Top with slivered almonds.

Nutrition Information:

75 calories; 1.8g total fat; .2g saturated fat; 20% of calories from fat; 3g protein; 13g carbohydrates; 0mg cholesterol; 4g dietary fiber; 132mg sodium.

Source: www.fruitsandveggiesmorematters.org

Grilled Plum Salad with Spinach and Red Onion Vinaigrette

Serves: 4

Ingredients:

3 Tbsp. plus 1 tsp. extra virgin olive oil, divided
1 1/2 Tbsp. balsamic vinegar or 2 Tbsp. rice wine vinegar
2 Tbsp. finely chopped red onion
1 tsp. dried tarragon or basil, crushed; or 1 Tbsp. chopped fresh tarragon or basil
4 plums halved, pitted and quartered
9 ounce pkg. spinach
Salt and pepper (optional)
1/2 cup crumbled low fat feta cheese

Whisk 3 Tbsp. olive oil and vinegar in small bowl. Add onion, tarragon and season with salt and pepper if desired. Brush plum slices with remaining 1 tsp. olive oil. Grill plum slices over a medium-hot fire, or oven broil, until lightly browned, about 4-5 minutes. Cool for 1 minute, cut into bite-sized pieces. Combine spinach, plums and feta cheese in large bowl. Add vinaigrette; gently toss to coat.

Nutrition Information:

Per Serving: 180 calories; 13g Fat (3g sat, 0g trans)

Source: www.dolenutrition.com

Pork Kebabs with Grilled Plums and Red Peppers

Serves; 4

Ingredients

1/4 cup all fruit apricot preserves
1 Tbsp. white wine vinegar
1 1/4 pounds boneless pork loin, cut into 1 1/2 inch pieces
1 Tbsp. plus 1 tsp. olive oil
Kosher salt and black pepper
4 plums, quartered
1 red pepper, cut into 8-12 chunks

Heat grill to medium-high. In a small bowl, combine the preserves and vinegar. Set aside. Thread the pork onto 6 inch skewers. Rub with 1 tsp. of the oil and season with 1/2 tsp. salt and 1/4 teaspoon pepper. Grill the kebabs, turning often, until cooked through, 10 to 12 minutes. Baste with the apricot glaze during the last 2 minutes of cooking. In a bowl, toss the plums, red pepper chunks, the remaining Tbsp. of oil, and 1/4 tsp. each salt and pepper. Place in a grill basket and grill until charred, about 2 minutes per side. Serve the plums and peppers with kebabs.

Nutrition Information:

594 calories; 16g fat; 4g sat. fat; 429mg sodium; 40g protein; 74g carbohydrates; 4g fiber.

Source: www.realsimple.com

Berry Plum Salad

Serves: 4

Ingredients:

1 1/2 cups strawberries, quartered
1 cup blueberries
1 cup raspberries
1 cup orange, segments
1 cup plums, diced and seeded
4 tsp. mint, Chiffonade*
1/8 tsp. anise seed

Mix all ingredients together and allow to marinate for 30 minutes. Serve in a cold glass and garnish with crispy cookie.

*Chiffonade is a cooking technique that produces long, thin ribbons, usually of herbs or greens. The leaves are usually stacked, rolled, and sliced in the direction of the roll. The French word is literally translated as "made of rags."

Nutrition Information:

109 calories; .7g fat; 0g saturated fat; 27g carbohydrates; 0mg cholesterol; 6g dietary fiber

Source: www.fruitsandveggiesmorematters.org

Confetti Plum-Pasta Salad

Serves: 4

Ingredients:

8 oz. colored corkscrew pasta
1/2 medium red bell pepper, cut into strips
1/2 medium yellow bell pepper, cut into strips
3/4 cup jicama, peeled and sliced
1/2 cup chopped red onion
4 plums, sliced
2 Tbsp. fresh basil, chopped
1 tsp. pimiento, diced
1 tsp. fresh ginger, finely grated
2 Tbsp. rice or white wine vinegar
2 Tbsp. vegetable oil
1 tsp. sugar
Salt and freshly ground black pepper to taste

Cook the pasta according to the package directions. Drain. Rinse briefly under cold water and drain. In a large bowl, toss together the pasta, red and yellow bell peppers, jicama, onion, and plums. In a small bowl, whisk together the basil, pimiento, ginger, vinegar, oil, sugar, salt, and pepper until blended. Drizzle the dressing over the salad and toss until evenly coated.

Nutrition Information:

140 calories; 5.2g total fat; 0.9g saturated fat; 33% calories from fat; 3g protein; 21g carbohydrates; 3g dietary fiber; 0mg cholesterol; 51mg sodium

Source: www.fruitsandveggiesmorematters.org