

# Green Beans



Vegetable Subgroup: **Other**

1 lb trimmed, whole = 22-1/4 cup servings whole, raw vegetable

12.4-1/4 cup servings whole, cooked, drained vegetable

16.4-1/4 cup servings cut, raw vegetable

11.2-1/4 cup servings cut, cooked, drained vegetable

1 lb untrimmed, whole = 11.1-1/4 cup servings whole, cooked vegetable

Peak Availability: **May-October**

*While their peak season occurs in May to October, these bright green and crunchy beans are available year-round. Green beans are picked while still immature and the inner bean is just beginning to form. They are one of only a few varieties of beans that are eaten fresh.*

*Commonly referred to as string beans, green beans used to have a very thick “string” that ran along the outer curve of the pod. Despite this trait being bred out of green beans since 1894, the nickname is still commonly used. The term “green bean” itself can also be misleading because these beans can come in a variety of pod colors, including green, golden, purple, red, or streaked.*

## Storage

Refrigerate green beans in plastic bag, use within 5 days.

## Preparation

When preparing green beans fresh out of the garden, wash well and snap off any remaining woody stem. Leave whole or cut/snap to desired size.

## Cooking

Green beans are great served raw plain or with dip or in salads but they can also be boiled, steamed, or microwaved as well as added to stews, casseroles, stir-fry, and pastas.

Be sure to boil or steam them only until bright green to avoid overcooking.

### Ideas to get you started:

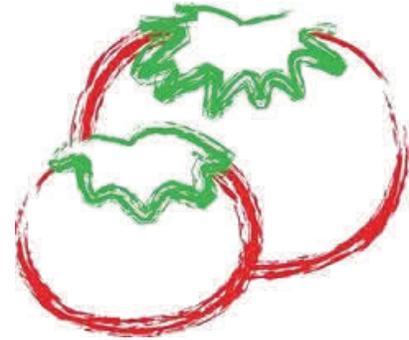
- Boil green beans for about 3 minutes. Drain the green beans and sauté with sliced almonds and bell peppers.
- Boil green beans in low-sodium chicken broth instead of water.
- Use the recipes in the following pages...

Nutrition Facts			
Serving Size 3/4 cup cut beans (83g)			
Amount Per Serving			
Calories 20		Calories from Fat 0	
		% Daily Value*	
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	0mg		0%
<b>Total Carbohydrate</b>	5g		2%
Dietary Fiber	3g		12%
Sugars	2g		
<b>Protein</b>	1g		
Vitamin A	4%	Vitamin C	10%
Calcium	4%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

# Green Beans with Tomatoes

From: [urbanext.illinois.edu/veggies/beans.cfm](http://urbanext.illinois.edu/veggies/beans.cfm)

- 1-1/2 pounds fresh green beans
- 1 large ripe tomato, cored and chopped
- 1/2 cup onion, chopped
- 1 jalapeno pepper, seeded and cut into julienne strips
- 1 clove garlic
- 2 tablespoons olive oil
- 5 pods of okra (optional) or one white potato cubed
- salt and pepper to taste



Wash green beans and trim stem end, set aside. Wash, core, and chop tomato; no need to remove skin. Heat olive oil in a nonstick pan. Add onions and sauté for one minute. Add garlic and tomatoes, continue to cook for one minute. Add green beans, toss, add okra or potato, season with salt and pepper. Add in a cup of water, cover quickly and simmer for 10 minutes or until potato is tender. Check potato by pricking with a fork. Serve hot. Makes 6 servings.

---

## Green Bean and Mushroom Medley

North Carolina Cooperative Extension, Wayne County, [Healthy Recipes: Tested, Tried & True](#)

- 1 1/2 pounds green beans (fresh, cut into 1-inch lengths)
- 2 carrot (cut into thick strips)
- 3 tablespoons olive oil
- 1 onion (large, sliced)
- 1 pound mushroom (fresh, sliced)
- 1 teaspoon lemon pepper seasoning (Mrs. Dash)
- 1/2 tablespoon garlic salt
- 1/4 cup almonds (toasted, slivered)

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, Lemon pepper, and garlic salt. Cover, and cook for 5 minutes over medium heat.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (160g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 100</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 4g	16%
Sugars 3g	
<b>Protein 4g</b>	
Vitamin A 50%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

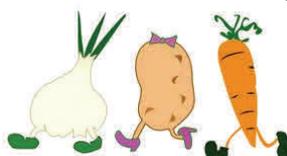
# Sensational Six-Layer Dinner

University of Wisconsin, Cooperative Extension Service, One Dish Meals

- 2 potatoes (medium, sliced)
- 2 cups carrot (sliced)
- 1/4 teaspoon black pepper
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cup green beans
- 1 can tomato-soup

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes

Serves 6



Nutrition Facts	
Serving Size 1/6 of recipe (304g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 580mg</b>	<b>24%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 9g	
<b>Protein 25g</b>	
Vitamin A 150% • Vitamin C 35%	
Calcium 4% • Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Quick Green Beans

Courtesy of Produce for Better Health Foundation (PBH)

*1 Cup of Fruits and Vegetables per Serving*

- 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 tablespoons 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. **Serves 4.**



### Nutrition Information per Serving:

Calories: 75	Protein: 3g
Total Fat: 1.8g	Carbohydrates: 13g
Saturated Fat: 0.2g	Cholesterol: 0mg
% of Calories from Fat: 20%	Dietary Fiber: 4g
% of Calories from Saturated Fat: 2%	Sodium: 132mg

\*Nutrition analysis is for fat free vinaigrette salad dressing.

**Each serving provides:** An excellent source of vitamin C and a good source of vitamin A, folate and fiber.