

## Green Beans

**Wash. Eat. How easy is that?**



Pick a **better** snack™



*Did you know?* Green beans are one of the top 20 vegetables eaten in the U.S. They are also called "string beans" (but newer varieties no longer have a stringy fiber along the side of the pod). Green beans are known as "snap beans," too, because fresh beans make a snapping sound when you break them. Each half cup of green beans provides plenty of color, crunch appeal, essential nutrients and just 22 calories.

**Buying and storing tips:**

- Choose fresh green beans that are straight and long, with a flexible tip. They should be firm and crisp, and snap easily. Avoid green beans with large seeds within the pod, and beans that are thick, tough, wilted, rusty-looking or damaged.
- Refrigerate fresh unwashed green beans in a plastic bag in the vegetable drawer. If they are wet, dry them with a towel first. For best quality, use within three days.
- Just before use, rinse fresh green beans under cool running water and drain. Remove the stem ends.

**On the Go – with Green Beans!**

- Serve green beans as a snack, or with a meal.
- Crunchy fresh green beans can be eaten raw as is, with a low-fat or fat-free dip, or with a splash of lemon or orange juice.
- You can add raw green beans to salads.
- Use green beans whole, or you may prefer to cut them lengthwise or into bite-size pieces.
- To cook green beans: boil, steam, microwave or stir-fry them until fork tender. Fresh green beans will be tender after 15-30 minutes of boiling.
- Add flavor to hot green beans with a spoonful of barbeque sauce or Italian salad dressing.
- For an easy and colorful main dish: Substitute cooked green beans for spaghetti noodles under your favorite spaghetti sauce with meatballs.
- You can substitute frozen or canned green beans for fresh ones in most recipes.

**Green Beans: Wash. Eat.  
(How easy is that?)**

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

