

GO FOR GREEN BEANS!



GARDENING SEASON

July to August

CHOOSING TIPS

Select beans that have a fresh bright skin and velvety touch. They should snap with a clean break without strings. Look for even shaped, plump beans with few strings. The length of the bean is not related to quality.

Do not choose beans:

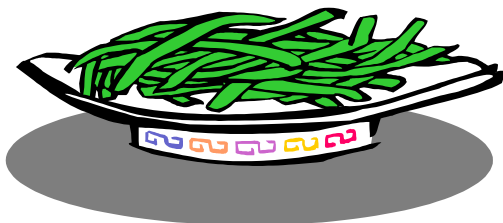
- ☞ With seeds that are visible through the skin (these are tough and old)
- ☞ With dull appearance
- ☞ That have wilted or tough skins
- ☞ Are woody or stringy
- ☞ That have holes/spots, brown skin, insects or worms

STORAGE

Green beans are best when eaten soon after picking. Store unwashed in a plastic bag in the refrigerator. They can be stored up to two weeks in the refrigerator. Can be frozen - call your county Extension office for information.

PREPARATION

Wash thoroughly in cold water. Snap or cut off about ¼ inch off stem end of each bean. Green beans may be left whole or cut into bite size pieces. Cook by steaming or boiling in a small amount of water, uncovered about 12 minutes just until crisp tender. They are also delicious added directly to soup, stew, or stir-fry.



KEY NUTRIENT

- ☞ Fiber to help prevent constipation.

RECIPES

Vegetable Stir-Fry

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- ½ cup washed, raw potatoes cut into thin strips
- ½ cup fresh carrots, thinly sliced
- ½ cup fresh green beans, cut in 2-inch pieces
- ½ cup celery, thinly sliced
- 1 tablespoon soy sauce

In a large skillet, heat the oil. Add onions to the skillet. When onions are soft, add potatoes. When potatoes are almost soft, add carrots, beans, and celery, stirring quickly until vegetables are tender but still crisp, about 6 to 8 minutes.

Stir in soy sauce; cover skillet and let steam for 3 minutes. Serve with rice, pasta, or your favorite grain. Serves 3; 95 Cal; 5 g fat.

Almond-Crunch Beans

- ½ pound fresh beans
- ¼ cup water
- 1 tablespoon margarine or butter
- 1-2 tablespoons toasted slivered almonds
- Salt to taste

Cut beans in 1-inch pieces. Cook and stir beans, water, margarine and salt in 12-inch skillet over medium heat until margarine is melted. Cover and cook until beans are tender, 15 minutes. Stir in almonds. Serves 3; 85 Cal; 7 g fat.