

GREEN BEAN

Also known as string bean, green beans are pods that grow on a bush. Each pod has 4-6 peas inside. Originally from Peru, they are now grown and consumed all over the world.

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BEST COOKING METHODS

- SAUTE
- STEAM
- RAW
- STIR FRY

RECIPE IDEAS

- SAUTE WITH GARLIC
- BREADED AND BAKED

STORAGE

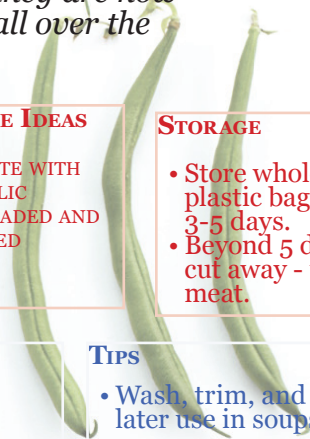
- Store whole and unwashed in a plastic bag in the refrigerator for 3-5 days.
- Beyond 5 days, bad spots can be cut away - use in soup, or bake with meat.

NUTRITION

- Good source of Vitamin C, fiber, Magnesium and Potassium

TIPS

- Wash, trim, and freeze green beans for later use in soups and stir-fry.



GREEN BEANS w/ BLUE CHEESE & WALNUTS

- 1 lb green beans, trimmed
- 1/4 c water
- 2 tsp oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/3 c blue cheese, crumbled (alternatively: 1/4 cup blue cheese dressing)
- 1/3 c walnuts, chopped or broken into pieces
- (Try alternate cheese and nut combos: feta and cashew, parmesan and almond, or no cheese and soy with peanuts!)

IN A LARGE SKILLET OR FRYING PAN, BRING WATER AND GREEN BEANS TO A BOIL OVER HIGH HEAT. REDUCE HEAT TO MEDIUM AND SIMMER JUST UNTIL BEANS ARE TENDER, ABOUT 3 MINUTES. WATER SHOULD BE ALMOST GONE.

ADD OIL, SALT, AND PEPPER TO THE PAN AND COOK 1 MINUTE MORE, STIRRING.

REMOVE FROM HEAT AND ADD BLUE CHEESE, TOSSING GENTLY TO COMBINE. TRANSFER TO A SERVING DISH AND TOP WITH WALNUTS. SERVE WARM. MAKES 4 SERVINGS.

ADAPTED FROM: WWW.EATINGWELL.COM

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