

String Beans



String beans include green beans, wax beans (yellow and purple), haricot vert, and long beans. All are edible seed pods that grow on bushes or vines. Each edible pod has 4-6 beans inside. String beans are rich in vitamin C and fiber, and can be served in a wide variety of dishes.

Storage

Store whole and unwashed in a plastic bag in the refrigerator for 3-5 days. Wash, trim, and freeze green beans for later use. Brown spots can be trimmed off, and droopy beans can be refreshed by dipping briefly in boiling water, and then quickly cooled in an ice bath.



Cooking Tips

Green beans are great baked, stir-fried, steamed, or boiled. Young, tender beans can be served raw in salads or with dip. Larger, tougher beans should be cooked until tender but still brightly colored.

String Beans with Blue Cheese & Walnuts

Serves: 4 Total Time: 8 Minutes

Ingredients:

- 1 lb string beans, washed & trimmed
- ¼ cup water
- 2 tsp oil (vegetable or olive)
- ¼ tsp salt
- ¼ tsp black pepper
- ⅓ cup blue cheese, crumbled (or ¼ cup blue cheese dressing)
- ⅓ cup walnuts, chopped or broken into pieces

Directions:

1. 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.
2. Add oil, salt, and pepper to the pan and cook 1 minute more, stirring.
3. Remove from heat and add blue cheese, tossing gently to combine. Transfer to a serving dish and top with walnuts. Serve warm.

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spoonfuls
a food rescue



Quick Tips:

- Try other nuts & cheeses, like Parmesan and almonds, feta and pine nuts, or goat cheese and sunflower seeds.
- For a hint of spice, add a pinch of red pepper flakes.