



## Fresh Ideas for Using Your Produce: Beans

**STORING:** Refrigerate unwashed beans in a perforated plastic bag. Use within two days.

**PREPARATION:** Wash beans, then snap off and discard stem ends, pulling any strings down along the length. Leave whole or break into desired lengths.

**COOKING:** Steam, boil, microwave or stir-fry until crisp-tender. For best results, do not overcook to maintain vibrant color and fresh flavor.

**NUTRITION:** Good source of vitamin C and fiber; low in calories, fat and sodium

### **QUICK IDEAS:**

- Top with toasted chopped walnuts or sliced almonds
- Toss with your favorite low-fat salad dressing; serve hot or cold
- Drizzle with olive oil and lemon juice, add chopped fresh herbs and toss

### **CHERRY TOMATO & GREEN BEAN SALAD**

- 1 pound green beans, ends trimmed, cut in half
- 1 pint cherry tomatoes, cut in half
- 1/3 cup chopped red onion
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup extra-virgin olive oil

Steam beans 5 to 7 minutes or until crisp-tender. Run under cold water; drain well. Place in large bowl; add tomatoes and onion.

Whisk lemon juice, mustard, garlic, salt and pepper in small bowl. Gradually whisk in oil. Pour over vegetables; toss to coat. Season with salt and pepper to taste, if desired.

Makes 4 to 6 servings (about 4-1/2 cups)



## Fresh Ideas for Using Your Produce: Beans

**STORING:** Refrigerate unwashed beans in a perforated plastic bag. Use within two days.

**PREPARATION:** Wash beans, then snap off and discard stem ends, pulling any strings down along the length. Leave whole or break into desired lengths.

**COOKING:** Steam, boil, microwave or stir-fry until crisp-tender. For best results, do not overcook to maintain vibrant color and fresh flavor.

**NUTRITION:** Good source of vitamin C and fiber; low in calories, fat and sodium

### **QUICK IDEAS:**

- Top with toasted chopped walnuts or sliced almonds
- Toss with your favorite low-fat salad dressing; serve hot or cold
- Drizzle with olive oil and lemon juice, add chopped fresh herbs and toss

### **GARLIC GREEN BEANS & MUSHROOMS**

- 1 pound green beans, ends trimmed
- 1 tablespoon olive oil
- 1 cup sliced fresh mushrooms
- 2 tablespoons minced red onion
- 3 cloves garlic, minced
- 1 teaspoon fresh thyme leaves
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon chopped fresh parsley

Steam beans 5 to 7 minutes or until crisp-tender. Run under cold water; drain well. Set aside.

Heat oil in large skillet over medium-high heat until hot. Add mushrooms, onion, garlic and thyme. Cook and stir 3 minutes or until mushrooms are tender. Add beans, salt and pepper. Cook and stir 2 to 3 minutes or until beans are heated through. Sprinkle with parsley.

Makes 6 servings