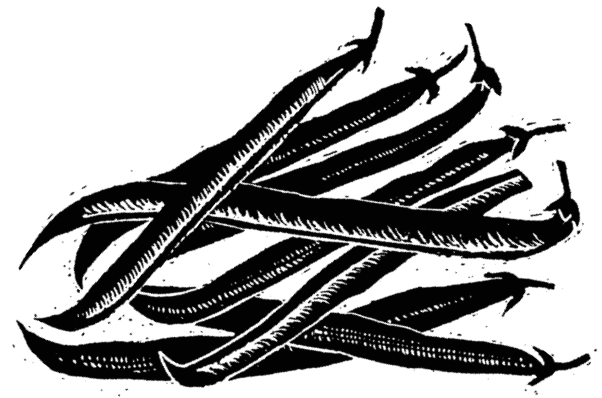


Green beans



Green beans are an extremely popular garden vegetable for growers across the U.S. Their popularity in this country dates back to long before European settlers arrived, as they were a favorite crop of Native Americans as well. But if you don't have a garden, they're a great choice at the

market. You just have to know what to look for.

Because green beans go by so many names, you may not know which bean a recipe is calling for. The terms "green bean" and "string bean" both refer to the same bean. Green beans are also a type of "snap bean," so you may see this term used.

In the store, however, you're most likely to see the beans labeled as "green beans."

When selecting beans, it is helpful to know that they are best tasting when they are mature in length, but not over-mature. You'll know they are over-mature when you can see the seeds (beans) bulging in the pods. If the seeds are bulging, the bean is likely to be tough and stringy.

Three-bean Salad

Makes 8 servings



Ingredients:

- 1 1/2 cups kidney beans (canned, drained, rinsed)
- 1 cup garbanzo beans (canned, drained, rinsed)
- 1 cup green beans
- 1/4 cup tomatoes, chopped
- 1/8 cup onion, chopped
- Pepper to taste
- 1/4 cup low-calorie vinaigrette dressing

Directions:

1. In large plastic container with a tight lid, combine all ingredients with the low-cal vinaigrette dressing.
2. Cover and refrigerate.
3. Mix the salad occasionally to marinate the salad.

Nutrition Facts

Serving Size 1 Serving (109g)
Servings Per Container 8

Amount Per Serving

Calories 90 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 16g 5%

Dietary Fiber 4g 16%

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Source: "Old North End Community Food Project Cookbook," Vermont Department of Health

Tips

- Before cooking green beans, remove the side strings as well as the stems from the end.
- If you plan to serve green beans cold, don't cook them quite as long so that they stay crisp when chilled.

Complementary Herbs

basil	oregano
chervil	parsley
chives	rosemary
dill	savory
marjoram	thyme

Green Beans in Tomato Peanut-curry Sauce

Makes 4 servings *Christy Keith, Burlington*

Ingredients:

- 1 pound green beans, rinsed, trimmed, cut into pieces
- 2 cups crushed tomatoes or tomato sauce
- 1/3 cup peanut butter
- 1 Tablespoon olive oil
- 1 teaspoon curry powder
- 1/2 teaspoon cayenne pepper
- 6 cloves garlic, chopped
- 1/2 onion, chopped



Directions:

1. Sauté the garlic, onions, cayenne, and curry in the olive oil for a minute or so (make sure the spices don't burn).
2. Add the green beans and sauté for another minute to absorb the flavor.
3. Pour in the crushed tomatoes.
4. Stir and add enough water to cover the beans.
5. Turn the heat down, cover, and cook until the beans are soft enough to eat.
6. Take off the heat and stir in the peanut butter.
7. Serve over rice (try brown rice!).

Nutrition Facts

Serving Size 1 Serving (1532g)
Servings Per Container 4

Amount Per Serving

Calories 470 **Calories from Fat** 140

% Daily Value*

Total Fat 15g **23 %**

Saturated Fat 2.5g **13 %**

Cholesterol 0mg **0 %**

Sodium 410mg **17 %**

Total Carbohydrate 69g **23 %**

Dietary Fiber 8g **32 %**

Sugars 10g

Protein 14g

Vitamin A 25% • Vitamin C 40%

Calcium 15% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrient analysis
includes 1 cup rice.