

Green Beans



SEASONALITY



NUTRITIONAL PROPERTIES

Green beans are a good source of vitamin A, vitamin C, and vitamin K. It's also high in folic acid, fiber, and minerals like iron and magnesium. Green beans are also a good source of potassium.

STORAGE

Store in the refrigerator in a plastic bag. Wash and de-stem before consumption. Green beans can last 1-2 weeks if stored correctly.

PRESERVATION

Remove ends of the beans with a knife. Blanch the beans and dry with a towel or paper towel. Once dry, freeze in a plastic bag. Frozen green beans can last 3-4 months.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Chop the hard ends and stems off.
3. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes.

Green beans can be sautéed, steamed, roasted, or pan fried. They can be eaten as a side, or chopped into pieces for salads. Add to stir fries, salads, soups, and more.

RECIPES FROM HDFFA

with green beans

- Dilly Bean Salad
- Stir Fry
- Summer Chili and Biscuits

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