Green Beans

Background:
Pairs well with most proteins and/or savory vegetable such as mushrooms and eggplant
Pleasantly balances the umami flavor in Asian dishes
Can be eaten raw or cooked, and with or without the stems left on them
Originated in Central America but is used today in dishes all over the world, including American, Mediterranean, and Asian cuisines

Nutritional Value:
Good source of dietary fiber; vitamins A, C, and K; and manganese
Rich in potassium, magnesium, calcium, folate, and iron
The chlorophyll in green vegetables, such as green beans, may have anticarcinogenic properties.
Vitamin K and calcium are important for bone health and the prevention of osteoporosis.
Green Beans

How to SHOP:
Find fresh green beans in the refrigerated area of the produce section, sold loose and by the pound
Choose firm beans with a bright green color and few or no brown spots
Green beans are in season from spring through August

How to GROW:
Plant green beans at the end of spring
Green beans will grow up a trellis and should be planted about 3 inches apart
Ready to harvest after 50-55 days, and can be sown every 2 weeks

How to STORE:
To refrigerate, store unwashed whole green beans in an airtight container for up to 7 days
To freeze, rinse in cool water and pat dry. Cut stems and store beans in an airtight container
Three Bean Salad

INGREDIENTS:

1/2 lb. fresh green beans, ends trimmed  
1 (15 oz) can kidney beans, rinsed  
1 (15 oz) can garbanzo beans, rinsed  
2 stalks celery, diced  
3 Tbsp. green onion, sliced thinly  
1 small shallot, diced  
1/4 cup olive oil  
2 Tbsp. lemon juice  
Salt and pepper, to taste

DIRECTIONS:

In a large pot, boil enough water to fully submerge the green beans. In a separate bowl, prepare enough ice water to cover the green beans for blanching.

Once water is boiling, add green beans and cook for 3 minutes. Remove beans and submerge in ice bath to stop the cooking process. Once cool, strain the beans and cut into bite-sized pieces.

In a large bowl, combine rinsed beans and green beans with celery, onion, and shallot.

In a small bowl, whisk lemon juice and olive oil together. Add salt and pepper to taste, then pour dressing over vegetables and toss to combine.

HELPFUL TIPS:

This recipe is very customizable! Mix and match your favorite beans, or swap out the lemon juice with a flavorful vinegar to make it your own.
Roasted Green Beans and Almonds

INGREDIENTS:

1 lb. green beans, rinsed, ends trimmed 1 Tbsp. olive oil
1 small shallot, sliced thinly 3 Tbsp. fresh thyme or rosemary, minced
1 clove garlic, minced 1/4 cup sliced almonds

DIRECTIONS:

Preheat oven to 350°F.

In a mixing bowl, combine all ingredients except almonds. Transfer to baking sheet and roast for 30-40 minutes, rotating halfway through.

Meanwhile, place almonds on a separate baking sheet in a single layer. During the final 10 minutes of cooking time, roast the almonds in the oven on the separate baking sheet.

When all ingredients are finished roasting, combine and serve.

HELPFUL TIPS:

Combine herbs and garlic with the oil and let marinade for several minutes prior to cooking to bring out their flavors.

Love extra crispy roasted vegetables? Crank up the heat to 400°F and cook until desired doneness.

Almonds can burn easily. Use your eyes and nose to avoid overcooking.
Sautéed Green Beans and Mushrooms

INGREDIENTS:

1 lb. green beans
1/2 pint crimini mushrooms
2 Tbsp. olive oil

2 cloves garlic
1/4 cup shredded parmesan cheese
2 Tbsp. tamari (optional)

DIRECTIONS:

Clean green beans and mushrooms thoroughly. Cut mushrooms into thin slices.

In large pan, heat oil over medium-high heat. Cook garlic for 5 minutes, then add vegetables, stirring occasionally for 10 minutes.

Add tamari (if using), salt, and pepper. Continue to cook for a few more minutes until beans are soft and mushrooms have darkened in color.

Add parmesan and remove from heat. Toss thoroughly and serve.

HELPFUL TIPS:

Picky eaters? Try white button mushrooms for a milder flavor.

This dish goes great on top of any protein. Try it with grilled chicken breast and a side of a whole grain like brown rice.