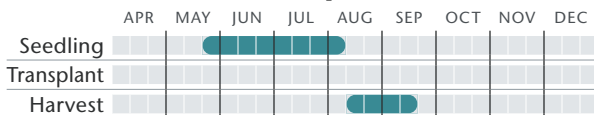


All About Snap Beans

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Snap beans contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

Vitamin A ▶ 2–9%

10–19% ◀ **Vitamin C**

Folate ▶ 2–9%

2–9% ◀ **Potassium**

Calcium ▶ Less than 2%

2–9% ◀ **Iron**

Fiber ▶ 2–9%

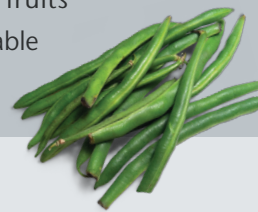
ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * There are many kinds of snap beans. Some grow on **bushy plants**. Other varieties grow as **vines** and need a trellis or stakes to help support them as they grow.
- * Green beans are generally **sweetest when harvested early**.
- * Green beans grow very fast. They are often ready to harvest in as little as **45 to 60 days!**

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

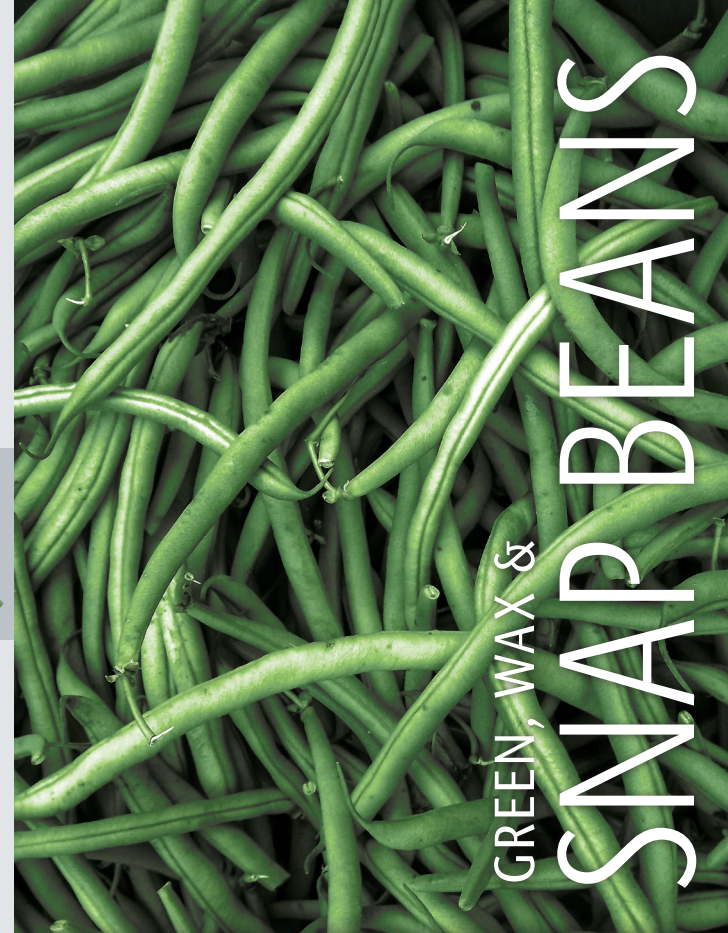
WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Rev. March 23, 2018



Selecting and Preparing Snap Beans



- ☞ Choose beans that are uniform in color and have smooth pods.
- ☞ The pods should be crisp and “snap” when broken.
- ☞ Avoid mature beans with swollen pods as they will be tough and often stringy.
- ☞ Snap beans should be kept refrigerated and are best when used within one week.
- ☞ Keep snap beans dry and do not wash until you are ready to use them.
- ☞ Snap beans freeze well after they are partially cooked.
- ☞ Cook beans by steaming or microwaving in a small amount of water, until tender-crisp, about 5 to 8 minutes.
- ☞ Snap beans can be cooked directly in soups and stews.

Garlic Green Beans

Makes 4-5 servings

- 1 pound green beans, washed & trimmed
1 ½ tablespoons oil
1 ½ tablespoons vinegar
1 clove garlic, minced
Pepper to taste
- 1 Steam green beans for 5 minutes to cook through. Drain excess water.
 - 2 Combine oil, vinegar, garlic and pepper in a jar with a tight-fitting lid. Place lid on jar and shake until well blended.
 - 3 Pour dressing over drained beans. Toss to coat evenly.

Settler Succotash

Makes 4 servings

- 2 teaspoons oil
½ cup sliced onion
1 clove garlic, minced
¾ cup green beans, cooked
½ cup frozen baby lima beans, thawed
½ cup canned* navy beans, rinsed and drained
½ cup canned* corn
2 teaspoons fresh dill, chopped, or
1 teaspoon dried dill
⅛ teaspoon black pepper
- 1 Heat oil in a medium skillet.
 - 2 Add onions and sauté 1 minute. Add garlic and cook for another 30 seconds.
 - 3 Stir in the green beans, lima beans, navy beans and corn. Sauté over MEDIUM heat for 3 minutes, or until the vegetables are cooked and the mixture is hot.
 - 4 Stir in the dill and pepper. Serve hot.
- *Note: Substitute fresh cooked, dried beans and fresh corn when available. Leftovers freeze well.*

Green Beans with Tomatoes & Basil

Makes 6 servings

- 1 pound green beans, washed & trimmed
1 tablespoon olive oil
1 small onion, finely chopped
1 can (14-ounce) diced tomatoes, drained
1 tablespoon fresh basil or
½ teaspoon dried basil
1 tablespoon fresh parsley
or ½ teaspoon dried parsley
Salt and pepper to taste
- 1 Cook green beans in a large pot of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
 - 2 In a large frying pan, heat olive oil over MEDIUM heat. Add onion and cook 2 to 3 minutes until softened.
 - 3 Add drained tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
 - 4 Stir beans into pan and cook 5 to 6 minutes. Season with salt and pepper.

Adapted from USDA Mixing Bowl (www.whatscooking.fns.usda.gov)