

## SIMPLY GOOD FOOD

# Green Beans

*Nutrient Analysis - 1/2 cup cooked:*  
22 Calories  
1 gram Fiber

*Best Season to  
Buy Fresh:*

*May  
June  
July  
August*

**GREEN BEANS:** It is also known as the French bean or common bean; and came to us from the American Indian cultures of Mexico and Central America. They fall into two categories: bush or vining. Bush beans are grown more widely than pole beans. (1)



### TIPS ON PURCHASING OR SELECTING VEGETABLES:

When buying fresh vegetables, look for freshness and crispness. Avoid vegetables that have soft or bruised spots. If vegetables are weary when you buy them, they won't improve later; often a bruised or bad spot on one item will cause spoilage among the others. When buying frozen vegetables, avoid packages that are limp or damp. These are definite signs that the vegetables have defrosted at least once. When vegetables thaw and are refrozen—nutrients, flavor and texture are lost. (2)

### BASICS OF COOKING VEGETABLES

- To retain nutrients, avoid cutting vegetables into tiny pieces. When possible leave them whole or cut into larger chunks.
- Use as little water as possible in cooking. The nutrients will be poured down the drain with the excess water.
- Avoid overcooking vegetables; when they are bright in color and crisp-tender, they are ready to eat. Crisp-tender means they should be soft enough for a fork to penetrate, but not too soft. At this stage, vegetables will hold their shape best, provide the most flavor, and their texture will be neither mushy or flabby.



### Green Bean Salad

- 2 cups green beans
- 2 Tbsp chopped onion
- $\frac{1}{2}$  tsp salt
- 1 Tbsp sugar
- 1 Tbsp corn oil
- 2 Tbsp vinegar

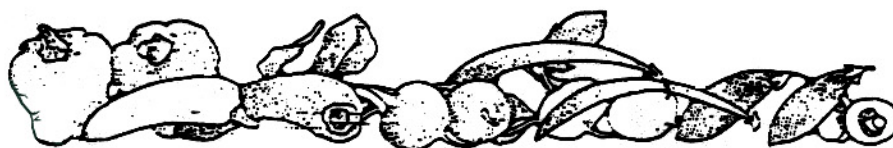
Heat juice from green beans with salt and sugar until boiling. Place beans, onions, vinegar and oil in a bowl. Toss with bean juice mixture and chill overnight. Yield: 4 servings

### Creole Green Beans

- 1 slice bacon
- 1 1lb can green beans
- 1 8 oz can stewed tomatoes
- salt and pepper to taste

Cut bacon into small pieces and fry in a sauce pan. Add remaining ingredients; heat and serve. (Note: may also add celery salt for additional flavor.)

Yield: 4-6 servings



### Snappy Green Beans

- 4 slices bacon
- $\frac{1}{4}$  cup chopped onion
- 1 to 2 Tbsp vinegar
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp pepper
- 2 cups hot green beans, drained

Fry bacon until crisp and remove from pan to drain. Cook onion in bacon fat until tender. Add vinegar, salt and pepper. Pour mixture over hot green beans. Crumble bacon over beans.

Yield: 3-4 servings

### Green Bean Casserole

- 2-10 oz pkgs cooked green beans
- 1-10  $\frac{3}{4}$  oz cream of mushroom soup
- $\frac{1}{4}$  cup grated cheese
- $\frac{1}{4}$  cup toasted bread crumbs

In a buttered baking dish, alternate layers of cooked green beans, and soup. Top with cheese and bread crumbs. Bake at 350°F for about 30 minutes. Yield: 8 servings

### Supporting State Extension Goal: Health, Safety and Well Being

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Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton.; (2) "The Southern Living Cookbook,"

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