Snap Beans

1 lbs = 5 1/2 cups

Why Should I Eat Snap Beans?

- Lots of Vitamin K and C—both help in healing injuries.
- Has Vitamin A—good for eyes, skin, and immune system.
- Tons of Fiber—good for your heart.
- High levels of Manganese—keeps bones healthy and is a good antioxidant.

How Do I Know I Have Good Ones?

- Pick ones that do not have scars and are well-shaped.
- They should be firm, and can be snapped in half. If they bend, they’re old.
- The length of the bean is not important.
- They should not have strings.

How Should I Handle Them At Home?

- Beans need to be washed before storing them to help keep them fresh.
- Put them in a plastic bag after washing them.
- Should be kept cool (45-50°F) and stored in the refrigerator.
- Can be frozen—Wash in cold water, snip ends off, and put beans in a covered pot of boiling water for 3-4 minutes. Then place the beans into a bowl of cold water, let sit for a minute, and drain. Pack in a dry container, and store in the freezer. Lasts for 8-12 months.

Distributed by: Feeding America Tampa Bay

Prepared by: Lindsay Wheeler, Intern and Mary Keith, Extension Agent
Cooking with Snap Beans

**Country Green Beans**
Serves 4 people
- 1 lbs of fresh snap beans-trimmed (ends cut off)
- 1/4 cup chopped onion
- 1/4 cup chopped, cooked chicken
- 2 Tbsp margarine or butter
- 1/4 cup water
- 1 garlic clove – chopped finely
- 1/2 tsp salt
- 1/2 tsp of pepper
- Add any other herbs or spices you desire (bay leaf or rosemary are good)

1. In a saucepan, mix all ingredients together.
2. Cover and simmer for 12-20 minutes or until beans are tender.

If you prefer a small piece of ham, a ham bone, or some smoked turkey leg will also add flavor to snap beans. If you use these meats, don’t add the salt to the recipe.

**Stir Fry Snap Beans**
Serves 4 people
- 1/2 lb of fresh green beans – trimmed
- 2 tsp of vegetable or canola oil
- 1 Tbsp soy sauce
- 1 1/2 tsp of sesame seeds (if you want)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- A dash of pepper

1. In a skillet or pan, cook beans in canola (or olive) oil for about 10 minutes.
2. Add the soy sauce, sesame seeds, garlic powder, onion powder, and pepper.
3. Cook and stir for 2-4 minutes or longer, until beans are tender and evenly coated with soy sauce mixture.
4. Serve.

**Green Bean Salad**
Serves 4 people
- 1 lb of fresh green beans - washed and trimmed
- 1/4 red onion - sliced thin
- 1/4 cucumber - cut into strips that look like beans
- 1 cup grape tomatoes - cut in half (or cut a small tomato into little cubes)
- Olive oil - used for drizzling
- 1/2 lemon - juiced
- Salt and pepper

1. Steam green beans in 1/2 inch boiling water in pan with lid for 3-4 minutes.
2. Run the beans under cold water and drain well.
3. Place beans in a bowl and mix them with onions, cucumbers and tomatoes.
4. Mix salad with a little bit of olive oil and then the lemon juice. Season with salt and pepper to taste.

Adapted from : Food Network: Rachel Ray and Elsa Scuderki