Green Beans

Key Points

- Good source of fiber, folate, and vitamins A, C, and K. Low in calories and sodium. Contain carotenoids that may be good for health.
- When shopping, choose fresh, brightly colored beans that snap easily when bent.
- Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Green Beans With Caramelized Onions

Number of servings: 6

Ingredients:

1 1/2 pounds green beans, ends and strings removed, broken into bite-size pieces

2 teaspoons canola oil

1 large onion, sliced

2 teaspoons light brown sugar

1/2 teaspoon Italian seasoning or your personal blend of chili powder, paprika, garlic powder, thyme, and basil

Directions:

1. Bring large pot of water to boil. Add green beans and cook until tender, 4-5 minutes.
2. Immediately cool in cold water to stop the cooking process and drain in colander.
3. In large nonstick skillet, heat oil over medium heat. Add onion; cook, stirring occasionally until starting to brown, 7-10 minutes.
4. Add beans, brown sugar, and Italian seasoning.
5. Reduce heat to medium-low. Cook, stirring often, until onion is soft and golden brown, about 5 minutes.

Per serving: 53 calories; 1 g fat (trace saturated fat); 2 g protein; 10 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 22 mg sodium.

Tip: To microwave, cook onions in oil for 3 minutes or until translucent. Add remaining ingredients, microwave for 10 minutes or until desired doneness, stirring about halfway through. Let stand for 5 minutes before serving.

Green Bean Salad

Number of servings: 4

Ingredients:

1 pound green beans, ends and strings removed, broken into bite-size pieces

2 onions, thinly sliced

3 tablespoons vinegar

1 tablespoon canola oil

1/4 cup reserved liquid from beans

1/2 teaspoon dried dill weed

1 teaspoon sugar

Directions:

1. Place green beans in saucepan and cover with water. Bring to a boil and reduce to medium.
2. Cook until tender, about 15 minutes.
3. Drain beans, reserving 1/4 cup of cooking water.
4. Add beans to medium bowl with onions.
5. Make a dressing by mixing together vinegar, oil, reserved cooking liquid, dill weed, and sugar. Stir until blended.
6. Marinate several hours before serving. Serve hot or cold.

Per serving: 88 calories; 4 g fat (trace saturated fat); 2 g protein; 14 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 8 mg sodium.

Quick Tips

- Steam green beans in a covered bowl with small amount of water in the microwave. Cook 6-7 minutes or until crisp tender.
- Help your kids eat smart and play hard. Encourage them to eat silly dilly green beans as a part of meals and snacks.
- Saute green beans with olive oil for a quick side dish. You can even add garlic, mushrooms, or sliced almonds.
- Refrigerate green beans in plastic bag; use within one week. Wash thoroughly under running water before eating, cutting, or cooking.

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