

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Green Beans



What are the most popular edible pod beans in the United States?

GREEN BEANS!

- ◆ These are also known as snap beans because of the snapping sound when they are broken in half.
- ◆ Their peak season is May to October.
- ◆ Green beans are also available canned or frozen.
- ◆ Pick beans that are slender, crisp, free of blemishes and bright green in color.

Source: www.fruitsandveggiesmatter.gov

Did You Know...

- Green beans are a good source of vitamin C and fiber.
- They contain no fat, sodium, or cholesterol.
- A typical serving size is 1/2 cup cooked which contains less than 20 calories.

Check Your Local Farmers' Market for Fresh Green Beans

⇒ Fresh green beans can be stored in the refrigerator for up to 1 week.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 5

Day 2



Day 6

Day 3



Day 7

Day 4



Day 7



Try these delicious, nutritious and healthy recipes!



Lemon-Walnut Green Beans

INGREDIENTS

- ◆ 8 cups small green beans
- ◆ cooking spray
- ◆ 2 cups sliced green onions
- ◆ 1/3 cup chopped walnuts
- ◆ 1½ Tbsps chopped fresh or 3/4 Tbsp crushed dried rosemary
- ◆ 5 Tbsps fresh lemon juice
- ◆ 1½ Tbsps grated lemon rind



DIRECTIONS

Arrange green beans in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.

Green Bean and Potato Salad

INGREDIENTS

- ◆ 1 1/2 pounds red potatoes
- ◆ 3/4 pound fresh green beans, trimmed and snapped
- ◆ 1/4 cup chopped fresh basil
- ◆ 1 small red onion, chopped
- ◆ salt and pepper to taste
- ◆ 1/4 cup balsamic vinegar
- ◆ 2 tablespoons Dijon mustard
- ◆ 2 tablespoons fresh lemon juice
- ◆ 1 clove garlic, minced
- ◆ 1 dash Worcestershire sauce
- ◆ 1/4 cup extra virgin olive oil

DIRECTIONS

1. Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.
2. In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

Source for recipes: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!