



# GREEN BEANS

## Description

Green beans are in season from early June through October in Missouri. Green beans are a good source of vitamin C, vitamin K, magnesium, and potassium. Vitamin C aids in the body's healing process, while vitamin K is important for blood clot formation. Potassium plays an important role in maintaining healthy blood pressure. Green beans also contain fiber which helps control cholesterol and keeps you regular.

## Selection

The freshness of green beans can be determined by the audible snap when the bean is broken. Select tender young pods when the seed is first formed.

## Storing

Fresh green beans should be stored in a plastic bag or rigid container in the refrigerator. Storing this way will maintain quality for 7-10 days.

## Preparing

Green beans can be eaten fresh or cooked by sautéing, roasting, or stir-frying. Wash beans in cold water and snap or cut off the ends. Green beans can also be frozen for later use.

## Recipe of the Month

*Garlic Parmesan Green Beans*

## Ingredients:

- 1 lb fresh green beans with ends removed
- 1 Tbsp olive oil
- 1 Tbsp unsalted butter
- 1/8 tsp onion powder
- 2 cloves garlic, minced
- 2 Tbsp grated Parmesan cheese
- Salt and pepper to taste

## Directions

1. In a large skillet, heat olive oil and butter until melted.
2. Add garlic and cook for one minute, stirring continuously.
3. Add green beans, salt, pepper, and onion powder. Toss and continue to cook for 5 minutes.
4. Remove skillet from heat and add Parmesan cheese. Toss until combined.

## Nutrition Facts

Serving Size 1 cup raw green beans (100g)

Amount per serving

**Calories** 31

% Daily Value\*

<b>Total Fat</b> 0.2g	0%
Saturated Fat 0.01g	0%
Trans Fat 0mg	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 6mg	0%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 2.7g	10%
Total Sugars 3.3g	
Includes Added Sugars 0g	0%
<b>Protein</b> 1.8g	
Vitamin D 0mcg	0%
Calcium 37mg	3%
Iron 1.03mg	5%
Potassium 211mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

Contact your local resource center or go online to: [mydss.mo.gov/food-assistance](https://mydss.mo.gov/food-assistance)

 **Extension**  
University of Missouri

an equal opportunity/ADA institution