



## Kentucky Green Beans

**Season:** June through September.

**Nutrition Facts:** One-half cup of unseasoned green beans has 15 calories; is low in sodium; and provides fiber, vitamin A, and potassium.

**Selection:** Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright color. Beans should be free of blemishes and have small seeds.

**Storage:** Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

**Preparation:** Wash well and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. They also go well with seasonings, such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

**Freezing:** Allow  $\frac{2}{3}$  to 1 pound of fresh beans for 1 pint frozen. Wash thoroughly. Remove and discard ends and strings. Cut or break beans into 1- or 2-inch pieces. Place beans in boiling water for 3 minutes. Plunge the heated beans into cold water. When cooled, remove beans and drain well. Pack beans into freezer bags or containers. Leave  $\frac{1}{2}$ -inch headspace. Seal and place in the freezer. Use within 12 months.

## Garlic Green Beans

2 pounds fresh green beans, washed and trimmed

3 tablespoons vegetable oil

3 tablespoons vinegar

1 clove garlic, minced

pepper, to taste

Cook beans by steaming for 5 minutes.

Drain beans. Combine oil, vinegar, garlic, and pepper in a jar with a tight-fitting lid. Place lid on jar and shake until well blended. Pour over drained beans and toss.

Yield: 8  $\frac{1}{2}$ -cup servings.

*Nutritional Analysis: 80 calories, 1 g protein, 7 g carbohydrate, 4 g fiber, 5 g fat, 0 mg cholesterol, 0 mg sodium.*

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator.

Adapted from University of Kentucky, Kentucky Green Beans (FSHE-5).

Recipe from Kentucky Farmers' Market Nutrition Program, "The Market Basket," University of Kentucky College of Agriculture.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.