



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Green Beans

Did you know?

Green beans are available all year round!

Green beans are a good source of Vitamin C and Vitamin K.

Green beans are a good source of fiber to help you stay
fuller longer!

Fun Fact!

To test their freshness, snap a green bean in half. The snap should be clean and clear!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for fresh, young green beans with good color.
- Select green beans that are firm and crisp in condition.
- Wash green beans well before use.
- Avoid green beans that are wilted, flabby or show signs of decay.

Garlic Basil Green Beans

2 pounds fresh green beans
2 Tablespoons olive oil
1 clove garlic
1 teaspoon dried basil
Salt and pepper to taste.

Slice off stems, ends, and strings from beans. Boil a large pot of water and place in beans. Add garlic and basil. Cook, stirring frequently, about 4 to 5 minutes or until desired consistency. Season with salt and pepper.

Preparation Time: 10 minutes
Cook Time: 6 minutes
Serves: 10

Nutrition Facts:
Calories: 62
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 18 mg
Total Carbohydrate: 9 g
Protein: 2g

<http://healthyliving.tamu.edu>

Fill the plate below with drawings of your favorite fruits and vegetables

