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### Uses & Preparation

- ❖ Trim off ends; steam, boil, or microwave.
- ❖ Season with olive oil or margarine.
- ❖ Stir-fry cooked beans with thin strips of ham.
- ❖ Simmer cooked beans in a seasoned light tomato sauce.
- ❖ Chill for salads. Combine with onion, tomatoes and/or mushrooms.

### Selection

- ❖ Look for unblemished, bright-colored, crisp pods; when bent in half they should make a “snap” sound—a sign of freshness

### Storage

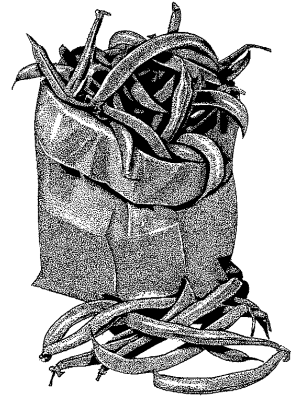
- ❖ Refrigerate unwashed in a plastic bag up to 4 days.

### Varieties

- ❖ Green beans and yellow wax beans are similar but green beans have more vitamin A.

## Snap Beans

Snap beans are the most popular edible-pod beans. Of these, the most familiar are green beans, yellow wax beans, and purple beans that turn green when cooked. One common name for snap beans is “string beans”, though almost all modern-day snap beans are stringless at harvest.



### Nutrition Information

☞ Fat, sodium & cholesterol free ☞ Good source of fiber ☞ Low in calories ☞

## Recipes

### Fresh Boiled Snap Beans

Cut beans in 1-inch lengths, slice diagonally or leave whole. Cook fresh beans 15 to 25 minutes in boiling salted water.

Use ½ to 1 cup of water for each four servings of the beans as a rule. Leave off the lid for the first 1 to 2 minutes of boiling, then tightly cover the pan to hurry the cooking process.

Beans should be cooked until just tender. Flavor, color and food value are lost when beans are overcooked.

### Green Bean Casserole

1 can (10¾ oz.) condensed cream of mushroom soup  
¾ cup milk  
⅛ teaspoon pepper  
1½ cups cooked cut green beans  
1 can (2.8 oz.) French fried onions

Preheat oven to 400°. Combine soup, milk and pepper in 8" x 8" baking dish; mix well. Stir in beans and half of the onions.

Bake 10 minutes; stir. Sprinkle with remaining onions. Bake 5 minutes or until hot and onions are golden.

