

Green Beans



Health Benefits

Contains vitamins that are important in the healing process of different body tissues, and essential for strong blood vessels and strong bones.

Storage

In the refrigerator. Beans may be frozen blanching and used at a later date.

Preparation

Rinse well with water. Remove ends, keep beans whole or chop. Green beans are usually eaten cooked. Boil green beans and eat as a side or add to any recipe!



3 Bean Salad

Ingredients:

Green beans
Chickpeas, or other
Black beans, or other
Dressing of choice



Directions:

1. Wash beans and remove ends.
2. In a medium saucepan, bring water to a boil, add desired amount of beans.
3. Boil 2-3 minutes, until they are bright green and crisp-tender. For a more tender bean, cook for about 5 minutes.
4. Drain water and chop beans into 1 inch pieces.
5. Mix with chickpeas and black beans.
6. Add dressing of choice.