

NUTRITION EDUCATION

GREEN BEANS

Did you know that green beans are actually the unripe fruit of certain types of the common bean? Green beans are part of the legume family; they are called “green” beans because they are harvested and eaten before they are completely ripe.

Green beans are a good source of vitamin C, vitamin K, vitamin A and folic acid. Green beans also contain a wide variety of carotenoids and flavonoids that have been shown to have health-supportive antioxidant properties.

Green beans are easy to grow in most soils as long as it is warm and sunny. Plant green beans after the risk of frost has passed and the soil has started to warm; they will be ready to pick after about 60-75 days. Pick green beans frequently and they will continue to produce additional beans.

The recipe below is from *Early Sprouts* by Karrie Kalich, Dottie Bauer and Deirdre McPartlin. It is a simple and delicious way to prepare fresh green beans.

SESAME SEED GREEN BEANS

Ingredients:

1 pound of fresh green beans
¼ c. sesame seeds
Salt and pepper to taste
2-3 tsp. olive oil

1. Wash green beans and trim off ends. Snap beans in half.
2. Pour oil into skillet and warm over medium heat.
3. Add green beans to skillet and sauté 5-8 minutes or until tender.
4. Season with salt and pepper.
5. Sprinkle on the sesame seeds—this is fun for kids to do!

