

# GREEN BEANS



## HOW DO THEY TASTE?

Green beans are juicy and slightly crunchy, especially when roasted.

## HOW DO I PICK THEM?

Choose tender, long and stiff green beans. Green beans are available all year round at the grocery store but can be found locally in their peak season between the months of June to mid November.

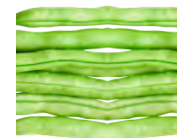
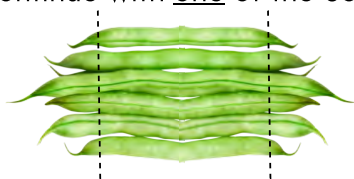
## HOW DO I STORE THEM?

Store green beans in the crisper drawer of the refrigerator in a plastic bag or container for up to 4 days.

## HOW DO I PREPARE THEM?

**Roast** or **steam and sauté** green beans with herbs, olive oil, salt and pepper for a tasty **side dish**. Toss them in with a salad and eat them with your favorite vegetables. Green beans pair well with chicken, other beans and vegetables like potato, tomatoes and more.

- Rinse beans with water to remove any dirt.
- Trim the tough ends off the beans, using your hands, scissors or a knife.
- Continue with one of the cooking methods below:



### To **ROAST** green beans in the oven:

1. Preheat oven to 425°F.
2. In a bowl toss green beans with oil, salt and pepper to coat.
3. Arrange beans evenly on a large baking pan and pop into the oven. Stir occasionally and bake for 10-12 minutes until beans are tender and slightly brown.
4. Toss with your favorite cooked vegetables, feta cheese, and fresh herbs for a delicious side dish.

### To **STEAM & SAUTE** green beans in a skillet over the stove:

Steam green beans before sautéing to partially cook before adding flavor:

1. Steam: Add green beans and water to a skillet and cover with a lid. Cook for about 4-6 minutes until water comes to a boil and beans are slightly tender.
2. Sauté: Add olive oil to empty skillet. Add the green beans and cook for about 1-2 minutes. Sprinkle with salt and pepper.
3. Toss with your favorite cooked vegetables, feta cheese, and fresh herbs for a delicious side dish.



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## KITCHEN TIP!

Steam green beans for 2-3 minutes, let cool then place in freezer bags for later use. Green beans will remain fresh for up to 12 months in the freezer.