

# GREEN BEANS

Green beans are easily available in Ontario fresh, canned or frozen. They have a crisp, fresh taste and are a good source of vitamins A, C, K and fibre.



## HOW TO CHOOSE

- Look for plump, firm beans.
- Should snap when bent in half.
- Vibrant green colour with few brown spots.

## HOW TO PREPARE

- Wash and eat them raw.
- Add to your next stir fry, curry, soup or casserole.
- Sauté in a pan with oil, salt & pepper until tender, about 5-10 minutes.
- Steam in the microwave: put a splash of water in the bottom of a bowl, add beans, cover and cook on high for 1-2 minutes.

## HOW TO STORE

- Wrap beans in a paper towel to absorb excess moisture.
- Store in the crisper drawer in your fridge.

## HOW TO FREEZE

- Cook beans in boiling water for 1-2 minutes.
- Once cooked run beans under cold water to stop the cooking process.
- Next, tightly pack beans into a Ziploc bag or plastic container and freeze.

For more information, visit [thefoodbank.ca/food](https://thefoodbank.ca/food)

### NUTRIENT SPOTLIGHT: VITAMIN C

It's important to eat foods with vitamin C every day. Our bodies can't make vitamin C, so the only way we can get this important nutrient is through our diet.

Vitamin C:

- Helps grow and repair bones, teeth and skin.
- Plays an important role in wound healing.
- Is an antioxidant.
- Helps the body absorb iron and store iron better.

Sources:

Citrus fruit, red, orange or dark green vegetables.

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# 5 MINUTE GREEN BEANS

Serves 1-2 | Prep & cook: 5 mins

Difficulty level: Easy



## MICROWAVE

- Put 1-2 tablespoons of water into a microwave safe bowl
- Add a handful of beans to the bowl and cover top of bowl with a microwave safe plate
- Cook covered beans on high for 1-2 minutes
- Season with salt and pepper. Top with butter (optional).

## STOVETOP

- Put a thin layer of water in the bottom of a frying pan.
- Turn heat to medium-high and let sit for a few minute so the water can boil.
- Once water is boiling, add beans.
- Cover pan and cook for 3-5 minutes.
- Season with salt and pepper. Top with butter (optional).

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