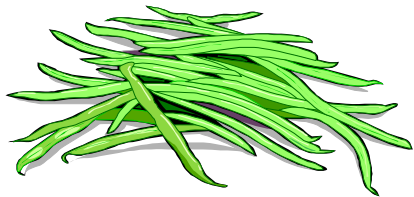


AUGUST – KEEPING COOL AND WET

This month I'll share a cool way to serve fresh green beans, eat a sandwich in the car without getting messy and make sure the teen athlete in your life is drinking enough fluid. Jan Temple.



GREEN BEANS –

Low calorie, high in C and Folacin

Fresh green beans are naturally low in calories having only 16 in a 1/2-cup serving. Green beans are part of the vegetable group in the Food Guide Pyramid because they are rich in beta-carotene and vitamin C.

When **shopping** choose beans of similar sizes for uniform cooking. Avoid beans with rust spots and those that are thicker than a pencil. If you can see the seeds through the pod, the bean is overly mature. You want a vivid color and fuzzy feel. Several seasoned gardeners suggest that if the bean will stick to your clothes, it's fresh.

To **store** fresh green beans, place the unwashed beans in plastic bags in the refrigerator for up to 5 days. Allow 1 pound raw beans for 4 servings.

To **cook** green beans, wash, trim both ends of each bean and then leave whole or snap into 1-2 inch lengths. Using the microwave creates the least amount of extra heat in the kitchen.

Microwaving: Put 1 pound of beans with ¼ cup water in a covered, microwave safe dish. Cook on full power 5-10 minutes depending on the size of the beans and microwave wattage.

Add variety with these serving suggestions:

- ❖ Cook with onions, garlic & chopped tomatoes.
- ❖ Sprinkle with lemon juice, salt and pepper.
- ❖ Add mushrooms lightly browned in oil.
- ❖ Herbs and spices that compliment green beans include: basil, caraway seed, chili powder, dill, marjoram, mustard seed, oregano, sage, savory, tarragon, and thyme.

- ❖ Combine vinegar and prepared mustard for a simple sauce.
- ❖ For each pound of beans, add 2 tablespoons of any one of the following: slivered almonds, parmesan cheese, peanuts, cashews, shredded Swiss cheese.
- ❖ Cook the beans until tender, but still crisp, chill and mix into a tossed salad.
- ❖ Arrange with other vegetables on a relish tray and serve with a dip.

Colorful Green Bean Salad

1 pound green beans, cooked tender-crisp, cooled

½ pound cherry tomatoes,

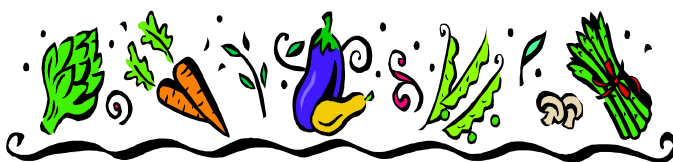
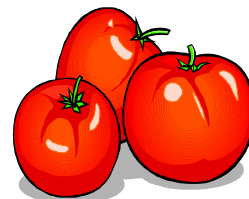
halved OR 2 medium tomatoes cut into bite size pieces

1/2 small red or white onion, sliced

2 ounces cheese, grated or shredded—choose from Parmesan, feta, mozzarella or Swiss (Let flavor, cost, fat content and personal preference be your guide in choosing).

1/3-cup oil and vinegar style dressing (full fat, reduced fat or fat free). Choose a bottled dressing or make your own.

Toss all ingredients together and serve.



Freezing: Select young, tender pods. Wash in cold water, snip ends and cut into 2-4 inch lengths. Water blanch 3 minutes. Chill in cold water, drain, pack with ½ inch headspace, seal, freeze.

Canning: Green beans must be processed at 10 pounds pressure in a weighted gauge canner or 11 pounds in a dial gauge canner. Current processing times are: Pints-20 minutes; Quarts-25 minutes. It is not safe to process green beans in a boiling water bath. Your County Extension Office has more complete directions for canning beans.

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