



Helping Mississippians live happier, healthier lives!

GREEN BEANS

Green bean, string bean, snap bean—they're all the same! Despite their name, they're not always green; they can be yellow, purple, or even speckled. Green beans are one



of America's most popular vegetables. They are tasty and contain valuable nutrients! Available year-round, they are especially plentiful in spring and summer.

SELECT

- Select fresh, frozen, or canned green beans.
- Choose fresh, bright-colored beans that are firm and snap easily when bent.
 - Once you see the seeds inside bulging, green beans are past their peak and may be tough to eat.
- Choose unseasoned canned green beans with “no salt added” on the can.

PREPARE

- One pound of fresh green beans is equal to 2 cups of cooked.
- To prepare fresh green beans, wash them under cool running water; snap or cut off the tips; and leave whole or cut or snap to the desired length.
- Boil, microwave, steam, sauté, roast, or stir-fry the green beans to your desired tenderness.
- Avoid overcooking or they will be mushy and lose their bright green color.



STORE

- Store fresh beans in a moisture-proof, airtight container in the refrigerator.
- Beans can be kept fresh for about 4 days, or blanched and frozen immediately after harvesting.

FUN WITH FOOD

KIDS CAN HELP:

- Select fresh green beans at your local grocery store or farmers market.
- In the kitchen, children can wash, snap, and help prepare green beans to be cooked.

KIDS CAN ENJOY:

- Try green bean french fries! Sprinkle fresh green beans with a little olive oil, salt, and pepper. Spread them out on a shallow pan. Roast at 400°F for 20–25 minutes, turning them over when they're halfway done.
- Bright green and crunchy, green beans are great dippers. Try them with your favorite low-fat dip or salad dressing.



ENJOY



SLOW COOKER WHOLE CHICKEN AND VEGETABLES

- 1½ pounds baby potatoes
 - 1 pound baby carrots
 - 1 small chicken, 4–5 pounds
 - 2 tablespoons butter, salted
 - 12 ounces frozen green beans, whole or cut
 - 2 teaspoons Italian seasoning
 - 1 teaspoon garlic powder
 - ½ teaspoon salt
 - 2 teaspoons paprika
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Wash the potatoes and cut in half.
 3. Wash the carrots if not pre-washed or ready to eat. Add the potatoes and carrots to a slow cooker.
 4. Remove any giblets, extra parts, or packaging from inside the chicken. Place the chicken breast-side-up on top of the vegetables in the slow cooker.
 5. Wash your hands well with soap and warm water for at least 20 seconds.
 6. Melt butter and pour it over the chicken.
 7. Add frozen green beans around the chicken.
 8. Sprinkle Italian seasoning, garlic powder, salt, pepper, and paprika over the chicken. Cover and cook on low for 7–8 hours or until the chicken reaches an internal temperature of 165°F. Remove the skin from the chicken, slice, and serve. Stir the vegetables and serve.
 9. Refrigerate leftovers within 2 hours.



SAUTÉED GREEN BEANS

- 1 (15-ounce) can diced tomatoes, no salt added
 - 2 tablespoons vegetable oil
 - 1 (12-ounce) bag frozen green beans
 - 1 tablespoon [HappyHealthy Cajun seasoning](#)
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Drain the tomatoes.
 3. Heat a large skillet over medium heat. Add the oil.
 4. Sauté the frozen green beans until tender, about 10 minutes.
 5. Add the drained tomatoes and Cajun seasoning to the beans. Stir to combine, and cook on low heat until the tomatoes are heated through, about 5 minutes.
 6. Refrigerate leftovers within 2 hours.



► For more information on how to store and freeze fruits and vegetables, visit <http://happyhealthy.extension.msstate.edu/tips-videos>



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EXTENSION**

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