



Vegetable Basics: Fresh Green Beans

Fresh green beans are long, slender vegetables that grow in pods and are packed with fiber, vitamins, and minerals.

✓ How to Select

- Look for green beans that are bright green, firm, and free from blemishes or spots

✓ How to Store

- Keep in a plastic bag or container in the fridge.
- Best used within 5–7 days.
- Don't wash until ready to use to prevent spoilage.

✓ Easy Ways to Prepare

- **Boil:** Boil in water for 4–5 minutes until bright green and tender.
- **Sauté:** Cook in a skillet with a little oil and garlic for 5–7 minutes.
- **Microwave:** Put in a microwave-safe dish with a splash of water, cover loosely, and cook for 3–4 minutes.
- **Roast:** Mix with your favorite seasonings and cooking in the oven at 400 degrees F for 20–25 minutes



✓ Prep Before Cooking

- Rinse under water to clean.
- Snap or cut off the stem end (optional: trim both ends).
- No need to peel or shell. Just cook and eat the whole bean.



Snap Off Ends

Briefly Boil Then Add Them To...

- Canned soup or pasta dishes
- Rice or noodle stir-fry
- Pasta salad
- Tuna salad
- Casseroles or sheet pan meals

Try simple seasonings like lemon juice, garlic, olive oil, black pepper, red pepper flakes, or a dash of soy sauce.

How to Freeze

Boil green beans for 2–3 minutes, cool quickly, and freeze in airtight bags. To reheat, sauté, steam, roast, or microwave straight from frozen.