



# Market Basket of the month

## March

The Market Basket of the Month featured vegetable is

## GREEN BEANS



### Simple Serving Tips

#### Green Beans with Vinaigrette

**Dressing:** Cut 1 lb. fresh green beans into 2 in. pieces and cook in boiling water until bright green (about 4-5 min.). Toss cooked beans in a bowl with ½ C. sliced red onion and ¼ C. fat-free vinaigrette salad dressing. Top with 2 tsp. slivered almonds.

**Soups & Stews:** Add green beans to your favorite recipe. To keep beans from getting too soggy, add them about 10 minutes before the soup or stew is ready.

### Cook Like a Pro

Green beans will continue to cook after you remove them from boiling water. To keep beans crisp and bright green, blanch beans by adding them to a large pot of boiling water and cook until beans turn bright green (3-5 minutes). Then drain beans and shock them by adding to a bowl of ice water. Use beans in recipe or refrigerate to reheat later.

### Green Beans with Onions and Almonds

Makes 4 cups

#### Ingredients:

- 1 T. margarine or butter
- 1 small onion (½ C. chopped or sliced)
- ¼ C. almonds, chopped, sliced or slivered
- 2 T. brown sugar
- 2 T. orange juice (juice from ¼ orange)
- 1 T. mustard
- 4 C. green beans, fresh (cooked), frozen or canned (drained)

#### Directions:

1. Melt margarine in a medium skillet over medium heat. Add onion and almonds and cook until onions are tender.
2. In a small bowl, mix together brown sugar, orange juice and mustard. Stir into onion mixture.
3. Cook 2-3 minutes, until sauce begins to thicken. Stir in green beans and cook for 3-5 minutes, or until heated through.

Source: FoodHero.org

### Just the Facts

- Green beans are the third most popular vegetable grown in backyard gardens after tomatoes and peppers.
- The French were the first to put green beans on their restaurant menus.

### Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 10%	Iron 3%

### Let's Move!

**Sidekicks:** While standing, do 10 sidekicks with each leg. Do as many as you can through the day as possible.

**Arm Circles:** With arms stretched out to the side, make 15 small circular motions going forward, then 15 backwards. Next, make big circular motions, again going forward and backwards 15 times in each direction.

**Scissor Jumps:** Jump feet apart, jump crisscross with one foot in front, jump feet apart, jump crisscross with opposite foot in front = 1 rep. See if you can do 50 reps!

### Produce Tips

- Look for green beans that have a bright green color.
- Choose beans that are slender, feel firm, and have no brown or soft spots.
- Put green beans in a plastic bag with small holes and refrigerate for up to one week.
- When buying canned green beans, choose low-sodium or rinse and drain before eating.

Market Basket of the Month is a WellSpan Community Health & Engagement initiative. To view monthly newsletters, go to: [Wellspan.org/marketbasket](http://Wellspan.org/marketbasket).

