



Market Basket of the month

March

The Market Basket of the Month featured vegetable is

GREEN BEANS



Simple Serving Tips

Green Beans & Almonds: Boil or steam green beans for three minutes and drain. Then sauté with a small amount of oil and a handful of almonds.

Lemon-Dill Green Beans: Sprinkle lemon juice and dried dill over steamed green beans.

Roasted Green Beans: Preheat oven to 450 degrees. On a rimmed baking sheet, toss string beans, olive oil, salt and pepper. Roast for about 10 minutes, stirring once.

Produce Tips

- Make sure to get fresh, well-colored green beans that snap easily when bent.
- To freeze green beans, steam for 2-3 minutes. Remove from heat and let cool before placing them in freezer bags and storing them in freezer.
- Put green beans in a plastic bag with small holes and refrigerate for up to one week.

Green Beans with Tomatoes and Basil

Makes 6 servings

Ingredients:

- 6 cups green beans (about 1 pound, ends snipped)
- 1 T. olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 T. basil (fresh or ½ tsp. dried)
- 1 T. parsley (fresh or ½ tsp. dried)
- salt and pepper (to taste, optional)

Directions:

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).

Source: University of Maryland Cooperative Extension

Just the Facts

- There are at least 130 different kinds of beans. Most are green, but some are purple, yellow, or even spotted.
- Bean plants have pretty white flowers and deep-green, tear-shaped leaves. The leaves feel a little fuzzy and can make you itch.

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!

Animal Action: Have one person act out an animal. Everyone else playing gets to guess what animal they are pretending to be. The first person who guesses correctly gets to act out the next animal. For an added challenge, try to do it without talking or making animal noises.

Hopscotch: Using sidewalk chalk outside, or masking tape inside, create a hopscotch board on the floor. Take turns jumping on the numbers while counting out loud. Try doing it on one foot!

Football Warm-Ups: Have one person be the coach. Everyone playing runs in place as fast as they can. When the coach says "drop", everyone quickly lays down on their stomach then gets back on their feet. See who can do it the fastest while staying safe. Take turns being the coach.

Healthy Eating Tips:

A good practice is to aim for a variety of colors on your plate. Fruits and vegetables like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.



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