



# Market Basket of the month

## March Recipes



### 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

### 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.

### 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.

**Market Basket of the Month** is a WellSpan Community Health and Engagement initiative.

To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

### Honey Mustard Green Beans

(Makes 4 cups )

#### Ingredients:

- 1 T. prepared mustard
- 3 T. honey (see Notes)
- 3 T. vinegar
- 4 cups green beans (cooked from fresh, frozen, or canned, drained and rinsed)

#### Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey and vinegar. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

#### Notes

- 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- Honey is not recommended for children under 1 year old.

Source: FoodHero.org

