

# GREEN BEANS

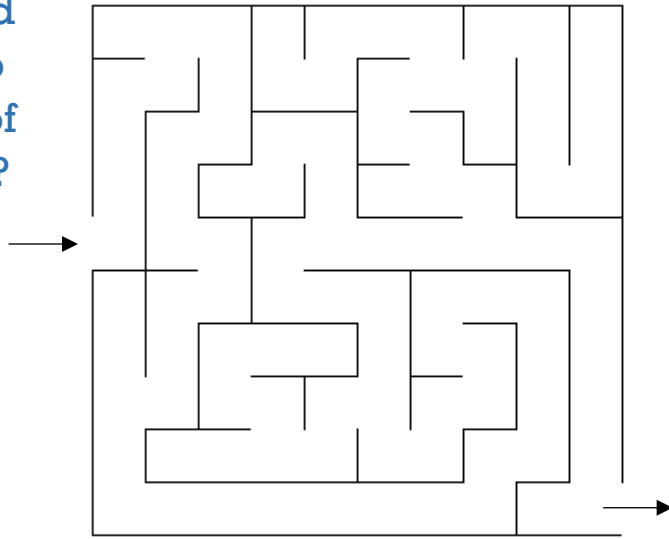


Green beans are full of vitamins K, C, and B, and a great source fiber.

Green bean casserole is one of the most popular dishes served at Thanksgiving!

Green beans can be steamed, boiled, roasted, baked in casseroles, or added to stir-fry dishes.

Can you find your way to the basket of vegetables?



1. The green bean pod can be what color?  
A. green    C. yellow  
B. purple    D. all of the above
2. Which country produces the most green beans each year?  
A. Canada    C. China  
B. India    D. United States
3. How many green beans are in the pile below?  
A. 10    C. 8  
B. 12    D. not enough



**Green bean in Spanish is ejote!**



Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view recipes and additional information, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).



ANSWERS: 1-D, 2-C, 3-A