

Green Beans



Selecting

There are over 130 varieties of green beans. String beans, also known as snap beans, are the most popular type. There are three kinds of string beans: green, yellow and purple. The yellow and purple kinds are sometimes called wax beans. Beans turn green when cooked.

French beans, are another common variety. They are slender and up to 3 inches long (8 cm). Romano or flat green beans, also a popular, are flat, broad and much heavier than snap beans.

Look for beans that have a vivid colour and a smooth feel. Avoid beans with spots or scars. Snap beans should 'snap' when bent. If you see seeds through the pod, these beans are too mature and will not be tasty.

Storing

Put beans in a perforated plastic bag and store them in the crisper. Fresh beans will last for up to 5 days.

Preparing

The stem end of the bean needs to be removed. You can easily just snap the end off. The other way is to line up a bunch of

beans and slice off the ends. Removing the tail of the bean is a matter of personal taste; fresh small beans actually look attractive with the tail attached.

Cook the beans whole or first cut them on the diagonal and then cook. Green beans can be steamed, boiled or microwaved. If the beans are thick, it is best to blanch them if you want to use them in a stir-fry or to sauté them. Cook just until tender and bright green.

Eating

Green beans are delicious with just a bit of margarine or butter.

But add sliced almonds, pecans or pine nuts to make it a special side dish.

Seasonality

Green beans are in season from June to October but available year-round.

Nutrition

A 1/2 cup (125 mL) of snap beans contains 60 calories. Beans are a source of Vitamins B6, C, Potassium and Manganese.



This shrimp and vegetable pasta makes for a quick veggie filled pasta dish.

www.halfyourplate.ca/recipe/shrimp-and-vegetable-pasta/

