

# Green Beans



**Selection** - Choose beans that are brightly colored and snap easily when bent.

**Storage** - Store in the refrigerator (stays fresh for about 1 week).

**Nutrition** - Fiber in green beans can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE GREEN BEANS

- To prepare green beans, wash and then cut the stem ends off. Add to soups, eat raw or chop to add to a salad.
- To roast green beans, toss in olive oil and Italian spices. Roast in a 425 degree oven for 10 minutes. Add cherry tomatoes cut in half; cook for 4-6 more minutes.
- To make a bean salad, add green beans to boiling water for 2 minutes, remove and put into ice water (this is also called blanching). Drain and cut green beans when cool and add to bowl with kidney beans, chickpeas, diced red onion, olive oil and apple cider vinegar. Add any herbs and spices.

## Ingredients

For the salad:

- ☐ 2 cups shredded chicken or 20 ounces canned white meat chicken, drained
- ☐ 1 (31 ounce) can low-sodium green beans, drained and rinsed
- ☐ 3 stalks celery, chopped
- ☐ 3 tablespoons chopped almonds (or any nut)

For the dressing:

- ☐ 1 tablespoon Dijon mustard or spicy brown mustard
- ☐ 2 tablespoons olive oil or canola oil
- ☐ 2 tablespoons lemon juice or vinegar
- ☐ 1/4 teaspoon dried thyme
- ☐ 1/4 teaspoon ground pepper

## Directions

1. Add salad ingredients into a large bowl and mix together.
2. For the dressing, add mustard, olive oil, lemon juice, thyme and pepper to a small bowl. Use a fork or whisk to combine.
3. Add dressing to salad, tossing to combine.

