

Green Beans

Good source of fiber &
excellent source of Vitamin C



Southern Succotash

Dressing:

1 minced garlic clove
2 T. white wine vinegar
2 heaping tsp. Dijon mustard
¼ tsp. salt
½ tsp. coarsely ground black pepper
1 cup extra-virgin olive oil

Succotash:

¼ cup water

4 oz. green beans, halved crosswise
1 T. olive oil
1 cup fresh corn kernels
1 cup yellow squash, diced
1 cup zucchini, diced
2 tsp. minced fresh thyme
1 cup grape tomatoes, halved
¼ cup thinly sliced fresh basil

In a container with a tight lid, preferably a glass jar, combine shallot, vinegar and mustard. Close tightly and shake well to mix. Add salt and pepper, and shake again. Add olive oil 1/3 cup at a time, shaking very well after each addition, until smooth and emulsified (you may want to wrap a kitchen towel around the container, just in case). Taste and add more olive oil, ¼ cup at a time, if dressing is too tart. Set aside.

Boil water in a large sauté pan, then add green beans. Once water has evaporated, reduce heat to medium and add oil, corn, squash, zucchini and thyme. Cook until vegetables are tender, 5-8 minutes. Remove from heat, add tomatoes and basil. Toss vegetables with dressing. Makes 4-6 servings.

Balsamic Green Bean Salad

2 lbs. fresh green beans, trimmed & cut into 1 1/2" pieces
¼ cup olive oil
3 T. lemon juice
3 T. balsamic vinegar
¼ tsp. salt

¼ tsp. garlic powder
¼ tsp. ground mustard
1/8 tsp. pepper
1 large red onion, chopped
4 cups cherry tomatoes, halved
1 cup (4 oz.) crumbled feta cheese

Place beans in a Dutch oven and cover with water. Bring to a boil. Cover and cook for 8-10 minutes or until crisp-tender. Drain and immediately place beans in ice water. Drain and pat dry. In a small bowl, whisk the oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add the onion; toss to coat. Cover and refrigerate for at least one hour. Just before serving, stir in tomatoes and cheese. Makes 16 (3/4-cup) servings.

Maple-Glazed Green Beans

3 cups cut fresh green beans
1 large onion, chopped
4 bacon strips, cut into 1" pieces

½ cup dried cranberries
¼ cup maple syrup
¼ tsp. each salt and pepper

Place beans in a steamer basket; place in large saucepan over 1" of water. Bring to a boil; cover and steam for 4-5 minutes or until crisp-tender. Meanwhile, in a large skillet, cook onion and bacon over medium heat until bacon is crisp; drain. Add the beans, cranberries, syrup, salt and pepper. Heat through. Makes 4 servings.

Cold Green Beans

¾ cup white wine vinegar
1 T. fresh dill
½ tsp. minced or chopped garlic,
1 T. chopped chives,

2 pounds fresh green beans
1 (4 oz.) crumbled feta cheese
1 small purple onion, thinly sliced
1 cup walnuts or pecans, toasted and chopped

Mix first four ingredients well and chill one hour. Steam green beans for 15 minutes. Cool immediately in cold water. Drain. Toss green beans, onion, cheese and nuts together. Pour the dressing over green bean mixture. Toss just before serving. Makes 6 servings.

Green Bean Sauté

½ tsp. vegetable oil
1 tsp. finely chopped garlic
1/3 cup finely chopped white onion
1 pack low-sodium beef broth reconstituted with ½ cup water

1 tsp. oregano flakes
2 ½ cups green beans
1 ½ cups sliced fresh mushrooms
½ cup white wine or water

Sauté the first 3 ingredients over medium-high heat in a non-stick frying pan for a few minutes, stirring frequently. Add the ½ cup of reconstituted low sodium beef broth and let simmer for a minute or more. Then add the green beans, oregano, sliced mushrooms, and wine. Cover and let simmer over medium heat for a few minutes. Then remove cover and simmer until the beans reach the desired tenderness. Makes 4 servings.

Italian-Inspired Green Beans

1 lb. green beans, trimmed
1 cup halved grape tomatoes
3 garlic gloves, slivered

2 T. olive oil
Salt and red pepper flakes to taste

Bring a large pot of salted water to a boil. Blanch beans in boiling water 4-5 minutes, then transfer to a bowl of ice water to stop the cooking. When cool, drain and set aside. Sauté tomatoes and garlic in oil in a large sauté pan over medium-high heat for 1-2 minutes (remove from heat if garlic begins to burn). Add beans, salt, and pepper flakes, and heat through. Makes 6-8 servings.

Braised Green Beans

½ oz. dried porcini mushrooms
2 T. olive oil
2 tsp. minced garlic
1 ½ tsp. minced fresh thyme
8 oz. green beans, trimmed
1 tsp. minced lemon zest

1 T. lemon juice
Salt and black pepper to taste
1/3 cup dried onions
2 T. toasted pine nuts
2 oz. goat cheese, crumbled

Soak mushrooms in 1 cup hot water for 30 minutes; strain, reserving liquid. Chop hydrated mushrooms and set aside. Heat oil in a sauté pan over medium; add garlic and thyme; cook until fragrant, about 1 minute. Add green beans, zest, lemon juice, mushroom liquid; cook, covered, over medium heat, until beans are tender, 7—10 minutes. Season with salt and pepper, then remove from pan with a slot spoon. Garnish with dried onions, pine nuts and goat cheese. Makes 2 servings.

Crispy Green Beans

2 T. olive oil, plus more for drizzling
½ cup panko breadcrumbs
Coarse salt and pepper

1 lb. trimmed green beans
Juice from half a lemon (about 2 T.)

Heat 2 tablespoons olive oil in a pan over medium-high heat. Add pita crumbs and cook, stirring, until golden and crisp, 3 to 4 minutes. Season with salt and pepper. Steam green beans in batches until bright green and crisp-tender, about 3 minutes. Transfer to a serving dish, drizzle with olive oil and lemon juice, and season with salt and pepper. Sprinkle with breadcrumbs.