



Green Beans



Easy Skillet Green Beans

*Recipe adapted from shaneandsimple.com

Yield: 4 servings
Serving size: 1 cup

Ingredients:

1 lb. fresh green beans
1 pinch of red pepper flakes
2 cloves of garlic or 1 tsp. of garlic powder
¼ cup low sodium vegetable broth
Salt to taste

Instructions:

1. Preheat a nonstick pan over medium high heat.
2. Rinse green beans, trim off the stems and any rough ends.
3. Toss red pepper flakes into the pan to toast for a few seconds.
4. Add green beans and cook until they char or brown in places (about 8-10 minutes). Stir often. If needed, add 1-2 tbsp of water or vegetable broth to prevent sticking.
5. Pour the vegetable broth into the pan, cover, and let cook for 1-2 minutes.
6. Serve immediately.



Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	45
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choosing:

- Beans should have a smooth feel, a vibrant green color and be free from brown spots or bruises.
- They should have a firm texture and snap when broken.

Storing :

- In the fridge: Store unwashed green beans in a plastic bag kept in the refrigerator crisper. Whole beans stored this way will keep for about a week.
- In the freezer: You can freeze green beans immediately or blanch them before freezing to preserve their color and texture.

Preparing:

- **Blanch:** Add green beans to a pot of boiling water for 2 minutes then immediately transfer to a bowl of ice-cold water.
- **Steam:** Place green beans in a steamer basket (or metal colander) in a medium-sized pot. Fill pot with 2 inches of water, bring to a boil, cover with a lid, and steam for 5 minutes or until the beans have the perfect bite to them.
- **Grill:** Sprinkle a bit of salt and pepper over green beans. Place on a hot grill (350 to 450 °F) until the green beans are tender and charred.

Benefits:

- Green beans are a good source of vitamins A and C and are a good source of fiber.

Did you know?

- Green beans contain antioxidants that reduce cell damage in your body.

Life Cycle of a Plant

Match each picture with the stage of a plant!



Seed



Sprout



Plant



Seedling/Young Plant



Flower

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