



# Market Basket of the month

## March

The Market Basket of the Month featured vegetable is

## GREEN BEANS



### Simple Serving Tips

**Spice It Up:** Spices are an easy way to add flavor to green beans. Add a dash of your favorite spice blends as the beans cook. Try a ranch style mix of onion powder, dill weed, and garlic powder. If you like fresh herbs like cilantro, add them to the beans after cooking.

**Roasted String Beans:** Toss 1 pound of string beans with 1T oil, salt, and pepper and spread evenly on a baking pan. Roast at 425 degrees for about 10-12 minutes.

**Cashew Green Beans:** Steam or microwave green beans then toss with a drizzle of olive oil and chopped roasted cashews.

### Produce Tips

- Make sure to get fresh, well-colored green beans that snap easily when bent.
- To freeze green beans, steam for 2-3 minutes. Remove from heat and let cool before placing them in freezer bags and storing them in freezer.
- Put green beans in a plastic bag with small holes and refrigerate for up to one week.

### Honey Mustard Green Beans

Makes 4 cups

#### Ingredients:

- 1 Tablespoon prepared mustard
- 3 Tablespoons honey (see Notes)
- 3 Tablespoons vinegar
- 4 cups green beans (cooked from fresh, frozen, or canned, drained and rinsed)

#### Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey and vinegar. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

#### Notes:

- 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- Honey is not recommended for children under 1 year old.

Source: FoodHero.org

### Just the Facts

- Green beans are full of fiber, which may help hearts stay healthy by lowering your LDL (bad) cholesterol levels.
- Green beans are high in vitamin A, C and K, and are important for building strong, healthy bones and lowering your chance of breaking a bone.

### Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)

Calories 16      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	

Vitamin A 7%      Calcium 2%  
Vitamin C 10%      Iron 3%

### Let's Move!

- **Give children toys that encourage physical activity** like balls, kites, and jump ropes.
- **Walk** around the block after a meal.
- For every 30 minutes you sit **move for 2 minutes**.

### Healthy Eating Habits:

- **Buy Frozen or Canned:** When it comes to fruits and vegetables, frozen and canned options can be healthy choices and allow you to enjoy your favorites even when they aren't in season.
- **Stretch a recipe and save time:** You can stretch meals by making dishes that freeze well. For example, make a large batch of vegetable soup or white bean chicken chili that can last throughout the week, or freeze the leftovers to have later.



Market Basket of the Month is a WellSpan Community Health & Engagement initiative. To view monthly newsletters, go to: [Wellspan.org/marketbasket](http://Wellspan.org/marketbasket).

