



SNAPPY NUTRITION snap bean

Keep them fresh! Store beans in a ventilated plastic bag in the refrigerator to keep them fresh for a longer period of time.

Snap beans contain important nutrients such as fiber, vitamin C, folate and potassium. Legumes- beans, peas and lentils- can help fight heart disease by improving cholesterol.

Did you know?

- Snap beans are a member of the legume family and are more commonly known as green beans or string beans.
- Snap beans can be green or yellow and round or flat.
- Florida ranks first nationally in the production, acreage and total value of fresh market snap beans.

In Florida, snap beans are grown predominantly in Alachua, Dade, Hendry and Palm Beach County.

Shopping, Preparing and Storing

- If the snap beans are bendable, leave them behind. They should break or snap crisply.
- The pointy ends should be perky and undamaged, and there should be no wrinkling, bruises or shriveled spots.
- Make sure to trim the top of the bean where it was attached to the plant.

Cooking Tips

- To get the best flavor out of snap beans, do not overcook them. Cook them in slightly salted water for four to seven minutes and then plunge them into ice water to stop the cooking process.
- Snap beans flavor well with bacon, olives, onion, tomatoes, basil, oregano, dill, rosemary and marjoram.

ASIAN-STYLE SNAP BEANS

- 1 pound fresh Florida snap beans
½ cup your favorite Asian sauce (spicy or sweet)
1 teaspoon dried ginger
1 tablespoon sesame seeds (black or white, toasted)
Salt and pepper to taste



1. Cook the snap beans in a large pot of lightly salted water for about 4 minutes or until tender.
2. Drain beans and place in a mixing bowl. Toss hot beans with sauce, ginger and sesame seeds, stir well.
3. Taste and adjust seasoning with salt and pepper. Serve warm.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.