Don’t you wish you could snap your fingers and have dinner ready? Add a little “snap” into your meals with garden fresh beans. They are quick and easy to prepare. Adding herbs and spices are a great way to liven up your snap beans. Try basil, garlic, dill, lemon, rosemary, onions or mushrooms for a “snappy” dish.

Fresh, Fast & Healthy!
Best Time to Buy May - September

Snap Beans Benefit U
• Low in Calories
• Sodium & Fat Free
• Good source of dietary fiber and vitamin C
• Contains some vitamin A, iron & calcium

¾ cup cut beans = 20 calories

Selection
Look for fresh, crisp, bright green, firm beans which snap when broken. Beans that are clean, fairly straight, and free from blemishes will be easier to prepare with less waste.

Storage
Store fresh beans in the refrigerator in a moisture-proof container or in the vegetable crisper. Use within 1 week.

Preparation
Wash in cold water, rinse, and drain. Trim ends by snapping them off or cutting with a knife. Cook beans for as little time as possible; nutrients may be lost if cooked too long.

Preservation
Freezing Green, Snap or Wax Beans
1. Wash in cold water.
2. Snip & cut into 2 to 4-inch lengths.
3. Water blanch for 3 minutes.
4. Cool promptly, drain, & package, leaving 1/2-inch headspace.
5. Seal & freeze.

For more information on preservation call: 1.800.ASK.UGA1

Add Color to Your Meal
• Boil or steam
• Sauté or stir-fry
• Create a casserole
• Add to a soup or stew

Spanish Style Green Beans
2 cups fresh green beans (washed & ends removed)
1/4 cup onion, chopped
1/2 cup green pepper, chopped
1 teaspoon margarine
2 medium tomatoes, chopped
1/4 teaspoon basil
1/4 teaspoon pepper

Cover & cook beans in 1/4 cup boiling water until just tender (about 5 minutes). Drain well. Stir in remaining ingredients. In a separate pan, cook onion & green pepper in margarine until tender. Add tomatoes, basil, pepper, & beans. Mix well. Heat thoroughly.
Green beans, pole beans, & wax beans are all considered to be snap beans.

Listen carefully to hear the “snap” when you remove the ends, then you’ll know how they got their name!

Unlike other beans, you can eat the pod and seeds of the snap bean.

Snap beans were once called “string beans” due to the strings running down the sides.

Scientific developments have bred the string out of the bean.