



SNAP BEANS

DID YOU KNOW?



Green beans, pole beans, & wax beans are all considered to be snap beans.



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



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



Scientific developments have bred the string out of the bean.



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



SNAP BEANS

— FRESH AND HEALTHY —

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.

Best Time to Buy:
May - September

Snap Beans Benefit U!

- Low in Calories
- Sodium & Fat Free
- Good source of dietary fiber & vitamin C
- Contains some vitamin A, iron & calcium

¾ cup cut beans = 20 calories



Add Color to Your Meal

- Boil or steam
- Sauté or stir-fry
- Create a casserole
- Add to a soup or stew

GREEN BEANS

RECIPE CORNER

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 and green pepper in margarine until tender. Add tomatoes, basil, pepper, and beans. Mix well. Heat thoroughly.



Nutrition Facts	
Serving Size 1/6 of recipe 98g (97 g)	
Servings per container 6	
Amount Per Serving	
Calories 27	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 13%	Vitamin C 36%
Calcium 2%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
©www.NutritionData.com	

FAST FACTS

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.

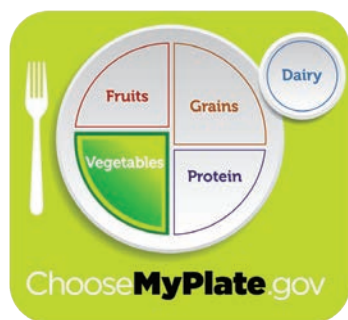
PREPARATION

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



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