

Fun Food Feature of the Week!

Green Beans

- Also known as string beans they are harvested while still young and the inner bean is beginning to form.
- A very low calorie food at a mere 45 calories per cup.
- Green beans are an excellent source of vitamin C, vitamin K, and manganese; they are a very good source of vitamin A, fiber, potassium, folate, and iron.
- Due the many antioxidants that green beans contain, they are a "heart healthy" food and may aid in preventing heart disease.
- When selecting fresh green beans, look for beans with deep green color without any brown spotting or irregularities. The beans should be crisp and snap upon bending.
- Green beans are a very versatile vegetable. Try them in a new recipe today!



Savory Green Beans

1 pound of fresh or frozen green beans
1 tablespoon olive oil (may use less)
1 tablespoon butter (may use less)
1 garlic clove (cut in half)
1 tablespoon chopped onion
1 1/2 teaspoon salt (may use less)
Basil (1 teaspoon dry or use fresh)
1/8 teaspoon pepper
1/2 teaspoon sugar
1/4 cup boiling water



Heat olive oil and butter and sauté onion and garlic. Add the remaining ingredients and cover. Cook for 20 minutes. Add more water if necessary. About 6 servings. (Exchanges: 1 vegetable, 1 fat)